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Sports pg 33

Crosby's Olympic gear found

Sex cliché rings true, study finds

RESEARCH Men are more likely than women to be interested in sex, have sex and enjoy sex, according to new scientific research, which also found people who stay active and healthy enjoy longer sex lives.

Research by University of Chicago academics published online yesterday in the British Medical Journal found that, across all age groups, men were more interested in sex than women — and the gap increased with age.

"Overall, men were more likely than women to be sexually active, report a good quality sex life, and be interested in sex," the researchers found. "This disparity, and its implication for health, requires further exploration."

THE ASSOCIATED PRESS

FRANK GUNN/THE CANADIAN PRESS

Toronto Mayor David Miller departs after holding a news conference yesterday at city hall. Miller announced that more accurate accounting revealed a $350-million surplus from 2009 — $100 million more than had been forecast.

$100M surplus falls into city's lap

They're calling it the super surplus.

From crying poor less than a month ago, the City of Toronto now finds itself seemingly awash in cash.

A surprise $100-million-plus windfall announced yesterday by Mayor David Miller may be used to moderate taxes this year — and next.

It's not unusual for Toronto to carry forward a surplus from the previous year; it's made up primarily of funds left over in departmental budgets, plus unexpected higher revenues and lower expenses.

What's unusual is the amount. When budget deliberations began Feb. 16, the city estimated it had a $250-million surplus from 2009, including $31 million in labour cost savings from the 39-day civic strike last summer.

Yesterday, Miller announced the surplus had grown to a whopping $354.8 million. The figure is the highest since 2001. In the intervening years, the highest surplus, posted in 2007, was $94.8 million.

Critics immediately pounced on the announcement as evidence of mismanagement.

For the budget committee, the surplus means greater flexibility to restore services that were about to be chopped.

Coun. Shelley Carroll, chair of the budget committee, said the highest priority would be to restore a rent subsidy for 373 daycares located in schools.

City council is to finalize the budget April 15-16.

TORSTAR NEWS SERVICE

2.9

While surpluses are typically devoted to capital expenses, Mayor David Miller is proposing the surprise portion be used to hold the 2010 residential tax increase to 2.9 per cent instead of four per cent. Assuming council agrees when the budget is set next month, the hike on the average $407,374 home would be about $70 instead of $93. The mayor is also proposing that the 2011 residential tax hike be limited to three per cent.

MP adds colour to question period

TWITTER Lisa Raitt seems to have found a cure for ministerial boredom in the House of Commons.

The labour minister announced on Twitter yesterday that she would live tweet during question period, and proceeded to provide colour commentary — literally.

Lisa Raitt

"lots of purple on the other side of the house today," she wrote in one tweet.

"hedy fry and geoff regan seem to be colour-coordinated seat mates," read another about a pair of Liberal MPs across the aisle.

Unlike other cabinet ministers who use the social media tool to promote policies or attack the opposition, Raitt's tweets focused on less weighty matters.

"M. Bachand's tie is a little askew today," she tweeted.

"wow — some liberals are loud!"

Raitt seemed so absorbed in her BlackBerry that at times she didn't applaud on cue with the rest of her caucus, tweeting eight times in the 45-minute period.

THE CANADIAN PRESS

News on the Move
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Entertainment pg 50

Corey Haim dead at 38

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Local

1868 flag in auction house lineup

A rare, 1868 Canadian Red Ensign flag, left, will hit the auction block this summer. Sotheby's Canada says the item will be in its June 2 sale of Important Canadian Art in Toronto. The auction house says the vibrant, red flag is in "exceptional condition" after being in a private collection for many years. It measures about one metre by two metres and bears the Union Jack and the coats of arms of the four founding provinces — New Brunswick, Nova Scotia, Ontario and Quebec. THE CANADIAN PRESS

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Urban Compass

April Lindgren brings Metro readers the issues that are affecting Torontonians

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122 charges laid in porn bust

33 arrested, including 5 Toronto-area men, in Ontario-wide sweep

A co-ordinated investigation into child pornography in Ontario resulted in charges against 35 people across the province, police announced yesterday.

Two child victims, one in the province, the other outside Canada, were "rescued," police said, although they refused to provide details.

"This is a crime that, to me, is one of the most heinous one human being can commit against another," said Ontario Police commissioner Julian Fantino.

"(Police) will stop at nothing to hunt down child predators."

The charges follow weeks of legwork involving 18 police services that are part of a provincewide initiative to combat child pornography.

In all, 44 search warrants were executed, leading to 122 child pornography and other charges.

Police said the individuals charged were not part of any ring.

As representatives from more than a dozen police services across the province looked on, Fantino decried a justice system he said was too soft on child pornographers.

> **"This is a crime that, to me, is one of the most heinous one human being can commit against another."**
> Julian Fantino

In particular, he lashed out at the maximum 10-year sentence.

"You can't in good conscience call that adequate punishment for such a brutal crime," Fantino said.

Kid's Internet Safety Alliance, an organization that helps child victims of abuse, applauded the bust.

At the same time, the group called the arrests "a drop in the bucket" of child pornography.

"The traffic in images of abuse is an international problem involving over a million pictures of more than 50,000 different children from around the world," the alliance said in a statement.

"Only about 1,300 of these children have been rescued."

Police said those charged were arrested in recent days, with two arrests still to come.

One accused had more than six million images stored on his computer. THE CANADIAN PRESS

JIM WILKES/TORSTAR NEWS SERVICE

OPP Det. Staff Sgt. Frank Goldschmidt, left, listens as OPP commissioner Julian Fantino announces the arrests of 35 people in a provincewide child pornography sweep that resulted in 122 charges and the seizure of millions of child pornography images.

A list of those charged across the province

1 **Matthew Smith, 21, Ajax**
2 **George Miller, 23, Ajax**
3 Youth, 17, Brantford
4 Ryan Creamer, 36, Burlington
5 Robert Fletcher Burns, 51, Burlington
6 Dave Derivers, 41, Collingwood
7 Casey McTaggart, 23, Collingwood
8 David Allan Glaude, 37, Cornwall
9 Youth, 15, Guelph
10 Alfred Douglas Stelpstra, 47, Kingston
11 Jeff Joseph, 25, London
12 Youth, 15, London
13 William Ronald England, 25, London
14 **Nirushananthan Thillaiambalam, 32, Markham**
15 Edwin Khitab, 33, Ottawa
16 Youth, 17, Ottawa
17 Michael McCurdy, 23, Ottawa
18 Alex Mason, 29, Ottawa
19 Jean Michel Duval, 26, Ottawa
20 Kevan Brownson, 57, Peterborough
21 Joel Charlebois, 34, Sault Ste. Marie
22 David Marceau, 21, Sault Ste. Marie
23 Youth, 16, Stevensville
24 Liam Selman, 18, St. Clair
25 Corey Phibbs, 18, Stevensville
26 Richard Nault, 56, Sudbury
27 Ryan Hopkins, 27, Sudbury
28 Adrian Cote, 19, Sudbury
29 Michael Daniel Bewcyk, 61, Thunder Bay
30 **Willy Garcia-Porras, 26, Toronto**
31 **Jimmy Roca, 36, Toronto**
32 Derek Winger, 19, Waterloo
33 Daryl Skreptak, 30, Windsor
Two accused still to be apprehended. OPP

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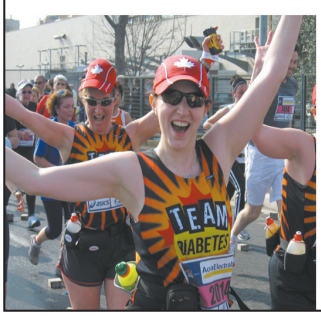

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Woodbine evacuated

Woodbine racetrack and casino was evacuated yesterday morning after an allegedly gasoline-soaked man entered the slots area and threatened to light himself on fire. The identity of the 32-year-old has not been released. METRO NEWS SERVICES

Chocolate **Stanley Cup**

JOHN R. KENNEDY/FOR METRO TORONTO

Broadcaster and ex-NHLer Nick Kypreos tries to get a taste of chocolate from a Stanley Cup replica yesterday at the Hockey Hall of Fame. It stands three-feet tall and was made from more than 150 pounds of chocolate. The NHL has signed a three-year deal with Hershey to be the official chocolate and candy of the league.

Throne speech fallout

Premier compared to Soviet revolutionary and right-wing American

The conversation Premier Dalton McGuinty said he wanted to have about Ontario's health-care system seems to be turning into a shouting match.

Groups representing health professionals and hospital workers are less than thrilled with the Liberals' proposed changes to hospital funding, with one union likening McGuinty to a Marxist revolutionary with a business degree.

The government's pledge to "pursue a path of constant reform" on health care is sending a chill through the workforce, said Michael Hurley, president of the Ontario Council of Hospital Unions.

"It's like we're working in a health-care system run by Leon Trotsky with an MBA," he said.

McGuinty is taking a page from the Bolshevik leader by advocating for a permanent revolution in health care in Monday's throne speech, Hurley said.

"It's like we're working in a health-care system run by Leon Trotsky with an MBA."
Michael Hurley,
Ontario Council of Hospital Unions

If the Liberals aren't careful, Ontario could return to the kind of instability and labour unrest that plagued the Conservative government of Mike Harris, Hurley said.

"I think we're heading into a period of some confrontation in the health-care sector, I do," he said. "What that looks like, I'm not sure."

The Liberals' throne speech promised to standardize practice guidelines to avoid unnecessary procedures that drive up costs, modernize Ontario's outdated hospital system and make health-care providers and executives accountable for improving patient care, such as tying their bonuses to hospital performance.

They also proposed to have more hospitals move to so-called "patient-based" funding. Under that model, hospitals would narrow their range of services with the aim of doing surgeries and treatments more cheaply than their rivals. Those who can do it cheaper would get additional cash from the government.

The Liberals are setting the stage for rural and northern hospital closures and laying the groundwork for a private hospital system, critics charge.

"When it comes to health care, I think Mr. McGuinty's already had his conversation with right-wing Americans from south of the border," said New Democrat Peter Kormos.

"He is importing U.S.-style, pro-privatization competitive bidding for our hospitals. That's going to mean more emergency rooms being shut down, that's going to mean more core hospital services being eliminated and people being forced to travel to big cities."

When a similar plan was introduced in the United Kingdom about a decade ago, it led to a host of new administrative costs and privatization of hospitals services, Hurley said.

THE CANADIAN PRESS

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Local software firm claims legal victory over Microsoft

TECHNOLOGY Software company i4i says it has another legal victory over Microsoft Corp. in its patent infringement dispute.

i4i said yesterday a three-member panel of the U.S. Court of Appeals for the Federal Circuit has again affirmed a lower court decision in its favour involving technology in some versions of Microsoft's Word program.

But i4i chairman Loudon Owen says the case, which has been going on since 2007, still isn't over.

"At this point, we're arguing over quite a substantial sum of money," Owen said from Toronto.

THE CANADIAN PRESS

3-D TV sets to hit shelves this month

ENTERTAINMENT Early adopters can buy a new 3-D TV by the end of the month, Samsung said yesterday, although it remains to be seen how many consumers will be willing to pay a premium for a technology in its infancy.

Samsung is the first major manufacturer to announce plans to launch the new technology in Canada and will sell five LED models of 3-D TVs starting March 26. LED TVs are thinner and more energy efficient than the LCD and plasma models most consumers are familiar with, Samsung says.

Gear

- Samsung's 3-D glasses retail for as much as $250 apiece, plus consumers need a 3-D-compatible Blu-ray player (Samsung's is $400) and a new cable.

The first wave of TVs range in size from 40 to 55 inches and in price from $2,500 to $4,000.

About a week after the LED launch, Samsung will start selling 3-D plasmas, including a 50-inch for $2,400 and a 63-inch for $4,100. By May, Samsung expects to have two 3-D LCD models on the market, a 46-inch for $1,900 and a 55-inch for $2,800.

Despite the costly initial outlay, Samsung's director of marketing for consumer electronics says he's confident about the products' launch.

"Our original expectation was that this would be a fairly modest launch, just because the retail price points we were talking about ... generally makes it a smaller market," said Robert Gumiela.

THE CANADIAN PRESS

Newspaper award nominees named

JOURNALISM The Waterloo Region Record leads the pack of finalists for the 2009 Ontario Newspaper Awards with 16 nominations.

The Hamilton Spectator is second with 15, while the Windsor Star claimed 13 nominations and the Guelph Mercury netted 12.

The annual awards recognize outstanding journalism among the ONA's 32 member newspapers. This year, they cover 32 categories including writing, photography, design and layout, graphic arts and online journalism.

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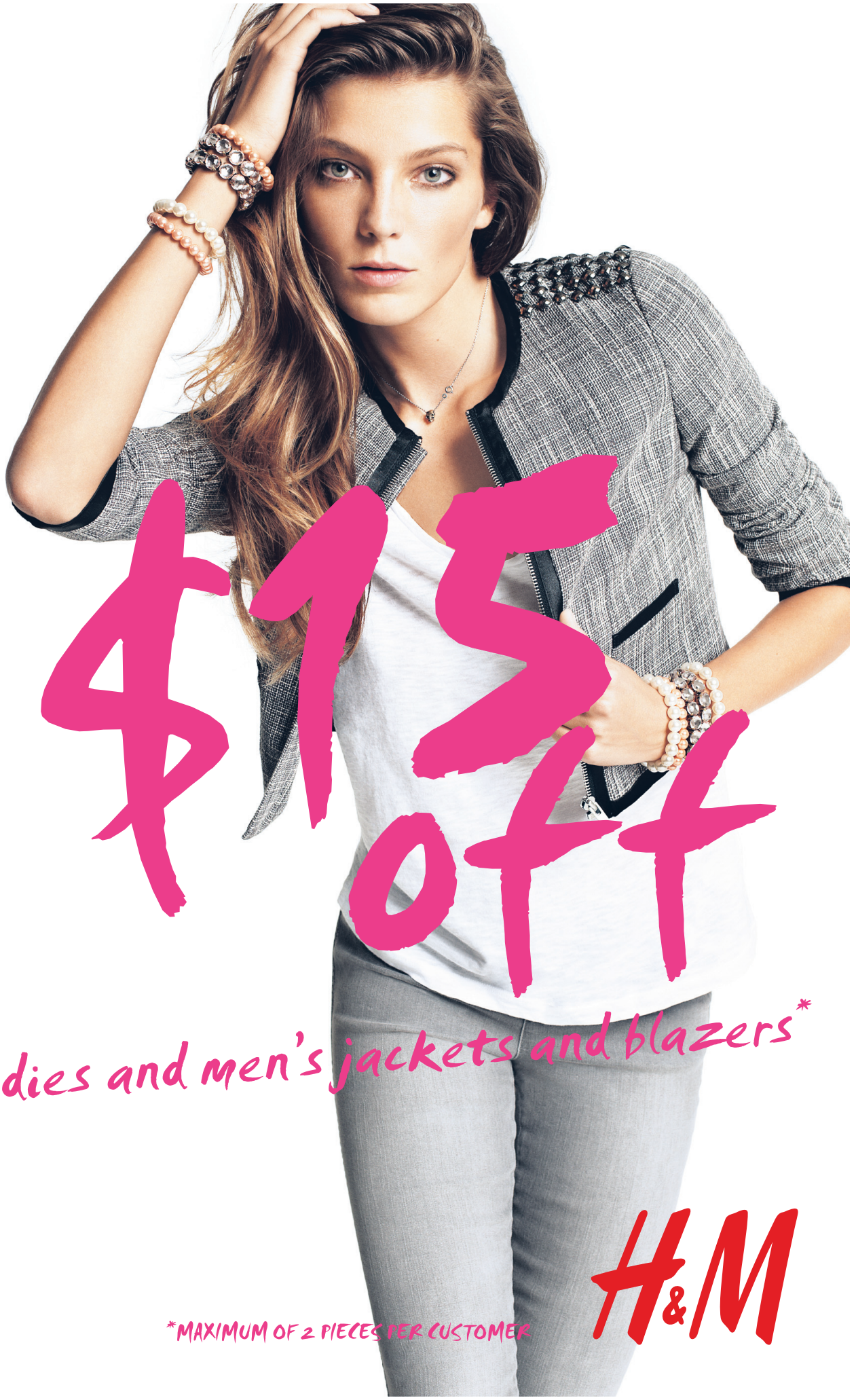
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Police to display fruits of organized crime bust today

Drugs, weapons, property and "major money" seized in a cross-border organized crime investigation will be on display today at a police press conference in Richmond Hill. The OPP-led bust has involved several overnight search warrant executions across the province, including a raid early yesterday at a Yorkdale Mall area store. TORSTAR NEWS SERVICE

Carriers rein in data roaming

Travel may broaden the mind and rejuvenate the spirit, but it can also pump up your smartphone bill to pretty unhealthy levels.

Watching video on the beach, downloading documents at foreign airports or emailing friends about all the fun you're having at exotic locales can mean huge charges on your bill, unless your plan specifically covers out-of-country use.

"Everybody has a story of somebody who had an iPhone, crossed the border and forgot to turn off the data and came home to a $10,000 phone bill," said PCMag Mobile analyst Sascha Segan.

The transfer of data rather than making simple phone calls is usually the big ticket item for roaming charges. "Data roaming fees are out of control," Segan said, adding they can cost up to $20 a megabyte in some areas.

But wireless carriers are starting to take note that consumers and business people travel with their mobile phones, especially their smartphones, and use them just like they do at home.

20MB Mobile phone users who send email, texts and web surf can easily gobble up 10 to 20 megabytes of data use per day.

Rogers recently announced that it has new rate plans allowing what it calls "borderless" data roaming between Canada and the U.S. for software apps, email and the Internet.

Rogers customers can pay anywhere from $20 to $55 a month for specific kinds of data plans, without roaming charges, that are geared to BlackBerrys, iPhones and other smartphones.

Meanwhile, Wind Mobile CEO Ken Campbell suggests more competition will mean prices for data roaming will drop.

THE CANADIAN PRESS

Sunnyside Pavillion **Caution: Lake may be wet**

RICK MADONIK/TORSTAR NEWS SERVICE

Lakeshore students Trisha Kirk, left, and Rebecca Diaz, both 17, emerge from the freezing waters of Lake Ontario yesterday. Students from three Toronto schools held a Polar Dip near Sunnyside Pavillion yesterday to raise $16,000 for charity.

News in brief

TRIAL A former refugee claimant testifying at the trial of an immigration judge accused of pressuring her to have sex in return for a favourable ruling admits he never said so explicitly. "There was no sexual talk at all, was there?" asked defence lawyer John Rosen. "He didn't say it directly," replied Ji Hye Kim, 29. "But ... he said indirectly to me he wanted to be boyfriend and girlfriend." Steve Ellis, 50, once a Toronto city councillor, has pleaded not guilty in Ontario Superior Court to breach of trust and a charge of bribery. Ellis presided over Kim's refugee hearing on July 17, 2006, and reserved his decision. That September, he twice visited the restaurant where she worked. TORSTAR NEWS SERVICE

Loblaw to test solar power panels on four store rooftops

ENERGY Your local Loblaw store could soon be generating clean electricity for the grid.

The grocery giant said yesterday it will install solar photovoltaic panels on four of its stores in Ontario as part of a plan that could see another 132 locations across the province equipped with rooftop solar systems.

The Ontario Power Authority confirmed that Loblaw Companies, through a new venture called Fresh From The Sun Energy Inc., has applied and been approved under the province's new feed-in-tariff (FIT) program to put solar panels atop 136 of its stores. The program pays a premium to producers of clean electricity.

The systems considered range from 30 to 500 kilowatts, and depend largely on the size and load-bearing capacity of store roofs. Loblaw said installation at other stores depends on the success of the pilot locations. TORSTAR NEWS SERVICE

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H&M

Firm hires PR manager

VisionICo, a marketing firm in Toronto that handles premium hospitality, experimental, sports and destination marketing, has announced the hiring of Kathy Motton as public relations and communications manager for the destination team. METRO NEWS SERVICES

Premier refutes land transfer allegations

NDP allegations that land developers who paid $5,000 each to attend a private dinner with Dalton McGuinty were rewarded by government legislation that greatly increased the value of their lands are completely false, the premier told the legislature yesterday.

New Democrat Peter Kormos said members of the East Moratorium Land Owners, a registered lobby group, met with McGuinty and several cabinet ministers at a private home in Barrie in May 2008.

Last December, the Liberal government passed legislation to transfer nearly 1,000 acres of land the developers own in Innisfil to the city of Barrie — part of a larger land transfer — ending a development freeze on their lands in the process.

"It's a matter of connecting the dots," said Kormos.

"After that dinner we see legislation that lines the developers' pockets to the tune of as much as $30 million in new profits."

The NDP said the developers paid between $25,000 and $66,000 an acre for the lands in question, which has been selling for $75,000 an acre since the bill became law, even before it's developed.

"All we need is for the premier to come clean and tell us what was discussed and why these particular people were part of that invitation-only, very exclusive group who enjoyed a $5,000 a plate dinner with the premier."
New Democrat Peter Kormos

McGuinty bristled at Kormos' questions and said he wasn't going to apologize for doing what all party leaders must do, and help raise money.

"I understand where my honourable colleague is going on this matter, and I reject his allegations and his not-so-subtle accusations completely and thoroughly," McGuinty told the legislature.

"My honourable colleague is grasping. He is overreaching. Frankly, given his lengthy record of public service, it is unbecoming."

However, Kormos remained undeterred and said McGuinty never once answered the question of what was discussed with the developers at the private dinner in May 2008.

"It's stinkier now than it was before question period," said Kormos. "All we need is for the premier to come clean and tell us what was discussed and why these particular people were part of that invitation-only, very exclusive group who enjoyed a $5,000 a plate dinner with the premier."

Municipal Affairs Minister Jim Bradley said the government agreed to legislation to change the boundary between Innisfil and Barrie.

THE CANADIAN PRESS

TRANSITCITY
MOVING TORONTO INTO THE FUTURE

Notice of Completion of Environmental Project Report

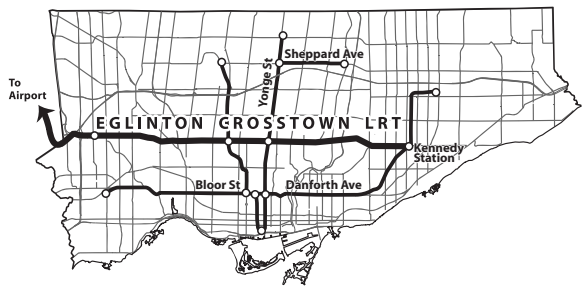
Eglinton Crosstown Light Rail Transit, City of Toronto and Toronto Transit Commission

The Project
The City of Toronto and the Toronto Transit Commission have completed an Environmental Project Report in accordance with Ontario Regulation 231/08 for the Eglinton Crosstown Light Rail Transit (LRT) Project.

The thirty-three kilometre LRT line will provide modern, accessible and comfortable LRT service along Eglinton Avenue from the Kennedy Subway Station in the east to Pearson International Airport in the west.

The LRT will operate underground from a portal 800 metres east of Laird Drive to a portal 350 metres west of Keele Street, as the width of Eglinton Avenue in this area is too narrow to accommodate street level LRT. The LRT will cross Highway 401 via a new LRT-only bridge, located 350 metres west of the existing Renforth Drive bridge. For the remainder of the route, the LRT will operate in reserved transit lanes in the centre of the street.

A connection to the Kennedy Subway Station and a route into the Pearson International Airport will be the subject of separate studies.



The Process
The environmental impact of this transit project was assessed and an Environmental Project Report prepared according to the transit project assessment process prescribed in Ontario Regulation 231/08, Transit Projects and Greater Toronto Transportation Authority Undertakings.

The Environmental Project Report for the Eglinton Crosstown LRT will be made available for a 30-day review period beginning March 12, 2010 on the project website: www.toronto.ca/transitcity (Eglinton Crosstown LRT) and at the following locations:

Locations for 30-day Review Period

Ministry of the Environment Environmental Assessment & Approvals Branch
2 St. Clair Avenue West, Floor 12A,
Toronto, ON M4V 1L5
416-314-8001/1-800-461-6290

Ministry of the Environment Central Region Office
5775 Yonge Street, 8th Floor
North York, ON M2M 4J1
416-326-6700

City of Toronto City Clerks Office Toronto City Hall
100 Queen Street West, 10th Floor West Tower
Toronto, ON M5H 2N2
416-392-8032

Toronto Transit Commission Transit City Department
5160 Yonge Street, 13th Floor
Toronto, ON M2N 6L9
416-397-8515

North York Central Library
5120 Yonge Street
Toronto, ON M2N 5N9
416-395-5535

Mississauga Central Library
301 Burnhamthorpe Road West
Mississauga, ON L5B 3Y3
905-615-3500

Etobicoke Public Library
1806 Islington Avenue
Toronto, ON M9P 3N3
416-394-5120

Toronto Public Library, Mount Dennis Branch
1123 Weston Road
Toronto, ON M6N 3S3
416-394-1008

Toronto Public Library, Eglinton Square Branch
Eglinton Square Shopping Centre
1 Eglinton Square, Unit 126
Toronto, ON M1L 2K1
416-396-8920

Toronto Public Library, Forest Hill Branch
700 Eglinton Avenue West
Toronto, ON M5N 1B9
416-393-7706

Toronto Public Library, Northern District Branch
40 Orchard View Blvd.
416-393-7610

There are circumstances where the Minister of the Environment has the authority to require further consideration of the transit project, or impose conditions on it. These include if the Minister is of the opinion that:
- The transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or,
- The transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minster is required to consider any written objections to the transit project that he or she may receive within 30 days after the Notice of Completion of the Environmental Project Report is first published.

Interested persons are encouraged to review the project documents and provide comments by April 11, 2010. comments and concerns may be directed to the project contacts listed below. If you have unresolved concerns, you have the right to submit an objection to this transit project to the Minister of the Environment no later than April 11, 2010 (135 St. Clair Avenue West, 12th Floor, Toronto, ON M4V 1P5, Fax: 416-314-7337, E-mail: Minister.moe@ontario.ca Attn: Minister of the Environment). Although not required, a copy of the objection is requested to be forwarded to the Director and project contacts listed below.

Director
Environmental Assessment & Approvals
Branch Ministry of the Environment
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5

Attn: D. Jeffrey Dea, Project Officer
Email: jeffrey.dea@ontario.ca
Phone: 416-314-7213 or
1-800-461-6290
Fax: 416-314-8452

Stephanie Rice
Toronto Transit Commission
EA Project Manager
5160 Yonge Street, 13th Floor
Toronto, ON M2N 6L9

eglintontransit@toronto.ca
Fax: 416-338-0251
TTY: 416-397-0831
Phone: 416-392-6900
Web: www.toronto.ca/transitcity (eglinton crosstown LRT)

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person. **Issue Date: March 11, 2010**

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GM to contractor: Slash prices or else

General Motors is reportedly demanding that sub-assembly contractor Ajax-based Automodular Corp. cut its prices in half at GM's Oshawa car plant or risk losing its contract. Automodular said it was "evaluating its options" after receiving written notice from GM. THE CANADIAN PRESS

Infrastructure cash brought jobs: Report

A new report suggests that government infrastructure spending did generate a significant number of jobs last year.

The Conference Board of Canada says federal and provincial stimulus on infrastructure preserved or created about 70,000 jobs in Ontario last year.

The report was conducted on behalf of the Ontario government and purports to show that job losses in the provinces would have been far greater during the recession without the infusion of public money.

The think-tank says half the jobs were created in the service industry and about one-third directly in construction. The report says stimulus spending is expected to save or create an additional 40,000 jobs in the province this year.

Economist Pedro Antunes says Ontario was the most hard-hit province during the recession, with an economic slide of 3.6 per cent last year, one full point above the national average. Antunes says studies show that infrastructure improvements also bring lasting effects.

THE CANADIAN PRESS

$53.6B

The amount of infrastructure spending, typically spread between Ottawa, Ontario and the municipalities, helped contain the damage by adding about 0.9 per cent to the province's gross domestic product.

TORSTAR NEWS SERVICE

MPP Frank Klees

GO Transit cancels two Newmarket bus routes

TRANSIT While the Ontario government is investing billions in public transit, hundreds of York Region riders are accusing GO Transit of driving them back into their cars by cancelling two Newmarket bus routes.

Citing poor ridership numbers and the need to integrate with York Region's regular service and Viva express buses, GO will discontinue the 92B bus to York Mills on April 5, and the Newmarket-York University bus on April 26.

The move will add hours and cost to their commutes, say more than 200 GO riders who attended a Tuesday meeting with GO and York Region officials, organized by MPP Frank Klees (Newmarket-Aurora).

"What is being proposed is unacceptable," said Klees, who accused GO and YRT officials of having failed to properly plan service for the displaced passengers.

He wants to meet directly with Metrolinx CEO Robert Prichard, who oversees GO's operations, and YRT officials.

About 500 people ride the two Newmarket routes, which operate weekdays only. GO did not say how many riders are needed to make the routes viable. Many of the riders contacted yesterday said they would drive rather than use York Region Transit (YRT) buses they say are slower and more expensive.

Jennifer McCue said she'll have to drive because the local buses won't get her home in time to pick up her baby from daycare in Aurora.

"It's a Catch-22 — if you want to take transit you have to leave work early every day. Timing-wise, it just doesn't work," she said.

TORSTAR NEWS SERVICE

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Devonshire Mall
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Fairview Park Mall
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Mapleview Shopping Centre
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Oakville Place
Pen Centre Mall
Shoppers World
Square One Shopping Centre
Stone Road Mall
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1448 Queen Street West, Toronto
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Burlington Mall, Burlington
Milton Mall, Milton
Lynden Park Mall, Brantford

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CHANNEL WIRELESS
3255 Highway 7 East, Unit 126, Markham

DIGICELL.CA
Pacific Mall, Unit E28, C3

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4675 Steeles Avenue East, Unit 1D18, Scarborough

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Police seek nightclub arsonist caught on video

An arsonist caught on tape setting a North York Latin nightclub ablaze early Monday is being sought by police. A passerby saw flames coming from Las Brisas del Mar Nightclub on Rivalda Road at 4:30 a.m. Surveillance footage shows a hooded man drive up to the building in a black SUV and torch the bar after dousing the patio with gas. TORSTAR NEWS SERVICE

Province mulls water-savings rating system

Ontario may consider a rating system for water conservation similar to the Energy Star program now used for electricity as part of a push to cash in on clean-water technology.

The province is considering putting in place a program that would ensure toilets, faucets and water-consuming appliances are rated by their efficiency, much like the Energy Star program does with household machines such as refrigerators.

"It would be a great benefit to consumers to purchase those products which conserve the greatest amount of water," said Environment Minister John Gerretsen.

John Gerretsen

"We use the greatest amount of water, on a per capita basis, than anywhere in the world."

The changes could come as early as this spring when the Liberals introduce their Water Opportunities Act, touted in this week's throne speech as a way to help the province cash in on the $400-billion-a-year global demand for clean-water technology.

Premier Dalton McGuinty said while Ontarians understand the need to cut power usage, they're not as knowledgeable about ways to conserve water. "Where we need to go now is to come to understand the same opportunities exist when it comes to our water usage, and not just the amount of water we use in our homes, but throughout the processes we use in our businesses as well," McGuinty said.

THE CANADIAN PRESS

Police watch as new Simcoe bike lane used as taxi stand

TRANSIT There's a fresh new bike lane on Simcoe Street. Just six months old, it was meant to calm the nerves of cyclists travelling the busy stretch under the GO lines and the Gardiner.
Instead, it's become a parking lot.

As convention season heats up in Toronto, every major taxi company has cars sitting in the Simcoe Street bike lane, waiting their turn to pick up fares from the Metro Toronto Convention Centre.

A uniformed police officer ushered taxis into the convention centre parking lot yesterday. He didn't chastise them for clogging the bike lane, nor for idling, which carries a fine up to $5,000.

When the Toronto Star asked him to clear the bike lane, he said he couldn't, but he would "call someone." A cyclist stopped to make the same request. A reporter and the cyclist, Daniel Hall, stood and waited several minutes until the officer announced he had made the call.

While waiting for the ticket cops to show up, a reporter chatted with a few drivers. When told it was illegal to stand in a bike lane, some said, "No it's not," while others said "it's only for today."

Dispatchers at the Beck and Royal taxi companies said they would get their cars to move out of the lane, but not one vehicle moved.

Twenty minutes after the officer called in for parking enforcement, no one had shown up. A reporter called and was told a car would be sent out. "Do you know how long it might be?" the police were asked.

"No," was the response.

"Could I get an estimate?" "No."

Thirty-five minutes after a uniformed police officer was asked to help enforce the law, the bike lane was still full of idling cars.

TORSTAR NEWS SERVICE

MPs approve federal budget in confidence vote

The House of Commons has voted in principle to support the federal budget. MPs voted 142-132 yesterday in a confidence motion on the budget. THE CANADIAN PRESS

Canada

Alberta premier handed fowl photos

A Greenpeace activist has marched up the steps of the Alberta legislature and provided Premier Ed Stelmach with pictures of ducks struggling in a northern Alberta oilsands tailings pond. Earlier this week, Stelmach said he hadn't seen images of the 1,600 ducks that died after landing on a Syncrude Canada sludge pond. But a day later he said he saw pictures around the time the ducks landed in April 2008, but hadn't seen recent photos released during Syncrude's trial on environmental charges. THE CANADIAN PRESS

MPs recipients of waste awards

Watchdog grants dubious honours for generous pensions, $10M in mailouts

The high-on-the-hog pensions enjoyed by MPs and their $10 million in household mailouts have been singled out for spoof awards from a taxpayers' group.

The MPs have collectively been awarded golden pigs in the 12th annual Canadian Taxpayers Federation Teddy awards, taking both the federal and lifetime achievement categories.

The annual awards, first handed out in 1999, poke fun at wasteful spending at all levels of government.

They are presented about the same time as the Oscars by a tuxedo-clad emcee who reads out the nominations, then tears open an envelope to name the winner.

"We hold the ceremony each year to enlighten the public about government waste and highlight fat that needs to be trimmed," said Colin Craig, Prairie director for the federation.

The awards — pig figurines spray-painted gold — are named after Ted Weatherill, a former federal bureaucrat who was fired in 1999 over his excessive expense claims.

MPs spent $10 million on mailouts — junk mail, Craig called them — in 2008-09, which won them the federal waste category.

"Oddly enough, as our deficit skyrocketed, MPs hiked up their usage of these flyers to tell us about everything but the deficit," he said.

The MP pension plan — they qualify after six years in office and can collect $46,000 annually after just 10 years — was given the lifetime achievement award.

Craig said it seems the pensions are the one thing that MPs of all stripes agree on.

"Nothing unites them like defending their own benefits." THE CANADIAN PRESS

Toronto tops in municipal waste

- The Canadian Taxpayers Federation gave the municipal Teddy award to Toronto, where the city paid people $100 to dress up and pretend to be homeless as part of an effort to count the number of homeless on the streets.

"It was actually a slap in the face to real homeless people as they were banned from applying for the work," said Colin Craig, Prairie director for the federation.

Parliamentary restaurant dishes out seal-meat lunch

OTTAWA Forget the Winter Olympics, nothing unites Canada's parliamentarians like some bacon-wrapped seal loin.

MPs and senators from across the partisan spectrum enjoyed a special luncheon yesterday in a packed side room off the posh parliamentary restaurant, brought together by a menu that featured Canada's best-known furry sea mammal.

The Diner de Phoque, or Seal Meat Lunch attracted international attention, as intended.

It's the first time seal has been served in the 100-year-old Parliament Hill institution. All the double-smoked bacon wrapping, port reductions and organic vegetable medleys couldn't mask the meal's true intention: Telling animal-rights groups and the European Union to get stuffed.

The EU has banned processed seal imports, including their pelts, meat, organs and seal oil.

Animal rights activists "achieve their goals by spreading false information about this industry," Conservative Fisheries Minister Gail Shea told the 18 invited lunch guests, who were swamped by media in attendance.

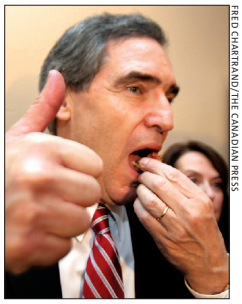
"Their campaign is misguided, mean-spirited and hurtful to many Canadian families."

The British Broadcasting Corp., Radio Netherlands, the Guardian newspaper of London, Agence France Press and the Seattle Post Intelligencer were just a few of the foreign news outlets that picked up the event. THE CANADIAN PRESS

Response

- The Brussels-based International Fund for Animal Welfare dismissed the seal lunch as a "media stunt" at which "desperate politicians trip over each other to eat seal meat."

"The fact that the meat is only being consumed for political purposes, and that it needs to be wrapped in double-smoked bacon to kill the taste, clearly demonstrates that it is not particularly palatable," the animal-rights group said in a press release.



FRED CHARTRAND/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff gives the thumbs up as he eats a seal-meat appetizer in Ottawa yesterday.

FRED CHARTRAND/THE CANADIAN PRESS

An anti-sealing protester wears a seal costume below Parliament Hill as MPs eat seal-meat appetizers during an event at the parliamentary restaurant in Ottawa yesterday.

Cops charged as audit backs review of incidents with use of force

B.C. Two Victoria police officers face criminal assault charges, the same day that an audit of the department was released finding 13 officers responsible for one-third of all the department's use-of-force reports.

The audit by the provincial Police Services Division says it could be that the 13 officers out of about 260 are simply more conscientious about reporting, but it recommends a review of the incidents they've been involved in.

The report, based on data from 2007 and 2008, also found that Victoria police officers were more likely to use Tasers than pepper spray to subdue suspects.

But it notes that the death of Robert Dziekanski after he was shocked by an RCMP Taser at Vancouver's airport had a strong effect on the department's use of shock weapons.

The audit found the department "well-functioning," and noted the use of force decreased 10 per cent after Dziekanski's October 2007 death, and the use of Tasers dropped 85 per cent.

Details of the assault charges against the two officers haven't yet been released. THE CANADIAN PRESS

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JACQUES BOISSINOT/THE CANADIAN PRESS

Quebec Family Minister Tony Tomassi responds to opposition questions yesterday over religious instruction in daycare centres at the Quebec legislature in Quebec City.

Quebec bans faith teaching in daycares

Government makes about-face

The Quebec government made a sudden about-turn yesterday when it announced it will ban religious instruction in provincially-funded daycare centres.

Family Minister Tony Tomassi's decision came just a day after he said he saw no problem in allowing Jewish or Islamic groups to teach their religious beliefs.

His position Tuesday was that the religious education offered to young children was merely an extension of values learned at home.

But Tomassi backtracked yesterday, saying there might be problems in about 20 daycare centres and "we haven't finished our investigation."

"From now on, religious instruction will no longer be accepted in the daycare network subsidized by the Family Department," he said in Quebec City.

Tomassi refused to commit to withdrawing the permits of centres that do not comply.

The daycare brouhaha has unfolded amid the controversy surrounding a Muslim woman in Quebec who was kicked out of a government-sponsored French class because she refused to remove her niqab — a traditional face covering. THE CANADIAN PRESS

Quebec rights commission to hold hearings on racial profiling

MINORITIES Quebec's human rights commission is launching hearings into racial profiling in the province because it believes minorities are unfairly targeted by authorities.

"We believe that (racial profiling) exists and we affirm it in this document and we've seen examples ... There are consequences and as a society we should be able to make it better and change that," commission president Gaetan Cousineau said yesterday.

He was referring to a document published by the commission that contains interviews with 150 teens and young adults who complained about racial profiling.

Many of them were afraid to come forward and were frustrated by attempts to seek justice. THE CANADIAN PRESS

Complaints

- Rights commission president Gaetan Cousineau said there have been at least 100 complaints of racial profiling in Quebec since 2005.

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Sears

New political party approved in Nova Scotia
Elections Nova Scotia has approved the registration of the Atlantica party. Atlantica bills itself as the province's only fiscally conservative party. THE CANADIAN PRESS

Retired politician charged

70-year-old accused of killing Ontario Provincial Police officer

A retired logger and one-time politician was charged yesterday with shooting and killing a provincial police officer and trying to kill another in a gunfight on a rural Ontario road.

Const. Vu Pham, a 15-year veteran of the Ontario Provincial Police force and a married father of three boys, was fatally shot as he got out of his cruiser after stopping a pickup truck Monday morning near the southwestern Ontario village of Winthrop.

The suspect shot at another officer who arrived at the scene, police allege, and was then himself shot and seriously wounded.

Fred Preston, 70, of the northern Ontario village of Sundridge, remained in critical condition in a London, Ont., hospital yesterday, as police charged him with first-degree murder and attempted murder.

HANDOUT WWW.BACKYARDSTUFF.CA/THE CANADIAN PRESS

A man identified as Fred Preston is shown in a photo taken from the website www.backyardstuff.ca.

Witnesses described a tense gunfight with 15 to 20 shots fired across a two-lane road.

In a stunning coincidence, Preston likely knew Pham as the officer was growing up, a neighbour of Preston's said yesterday. Pham and Preston both lived at one time in Sundridge, some 375 kilometres away from the crime scene.

Pham, originally from Vietnam, was adopted as a boy by Dan Thompson, who became the pastor at Bethel Pentecostal Church in Sundridge, said a town resident who didn't want to be named.

Vu Pham

For both the suspect and his alleged victim to have come from the village of 1,000 so far away from the tragedy left the community shaken, she said.

"That's why it shocked everybody in Sundridge," said the woman, who like many other residents knows both Pham's family — the Thompsons — and the Prestons.

Preston was Joly Township's reeve starting in the 1990s, with his final term ending in 2003. Friends and neighbours said the ex-logger was an avid hunter who had taken up wood carving.

THE CANADIAN PRESS

Estranged

- Sources tell The Canadian Press that Preston had been living apart from his wife for about a year and a half and that she lives with one of their daughters. Preston had been living in the basement of another daughter's house, a source said. Reports say Preston went to his ex-wife's residence in southern Ontario with a high-powered rifle shortly before Pham was mortally wounded.

Panjwaii push set to cut Taliban supplies

AFGHANISTAN Canadian and Afghan troops are pushing deep into southern Afghanistan's Panjwaii district, the cradle of the Taliban, to cut off enemy supply lines in advance of a major coalition offensive in Kandahar planned for the spring.

The move, designed to capitalize on recent NATO efforts to maintain a presence in enemy territory, is meant to interrupt Taliban movements into Kandahar city, said Lt.-Col. Jerry Walsh, the commanding officer of Canada's battle group in Afghanistan.

"The insurgency in Panjwaii right now is in a state of disarray," Walsh said.

"They are being denied the freedom that they've enjoyed in the past because of the persistent presence that Afghan National Army, Afghan National Police and ISAF soldiers ... have been able to establish over the … past few months."

News of the move followed word from the NATO-led International Security Assistance Force that more than 20 suspected insurgents had been captured in a 36-hour period in the provinces of Kandahar, Helmand to the west and Khost, a tiny region on the country's eastern border.

The Panjwaii push is part of Operation Cerberus, the first in a comprehensive series of "shaping operations" aimed at securing the areas around Kandahar city.

THE CANADIAN PRESS

Detainee probe summons Foreign Affair officials

OTTAWA Foreign Affairs officials have been called to testify before a probe into Canada's transfer of Afghan detainees — despite a court ruling that limited the inquiry's ability to delve beyond military ranks.

The Military Police Complaints Commission has sent summonses to a total of 25 people from the Canadian Forces, National Defence and Foreign Affairs, said Nancy-Ann Walker, a spokeswoman for the commission.

Of these, eight are willing to give pre-hearing interviews to commission counsel, and some have already done so.

Among these is said to be Foreign Affairs diplomat Richard Colvin, whose testimony before a Commons committee reignited the detainee affair in December.

The complaints commission is to begin the public phase of its work into the detainee controversy later this month when it deals with preliminary motions.

THE CANADIAN PRESS

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N.L. health official quits

A high-ranking official with Newfoundland's largest health board has quit his position after drug testing errors were recently discovered. Eastern Health CEO Vickie Kaminski announced yesterday that Dr. Nash Denic, chief of laboratory medicine, has tendered his resignation. THE CANADIAN PRESS

Mom struggling with beating of son in wheelchair

ATTACK Shellan Proden was struggling yesterday to comprehend why someone would attack her son in a wheelchair and beat him for several minutes in an assault captured by a surveillance camera halfway around the world.

"I can't believe a human being would do that to someone else," Proden said from her home in Winnipeg Beach, north of Winnipeg.

Proden's 35-year-old son, whom she doesn't want identified, was visiting his girlfriend in Sydney, Australia. He was alone and waiting for a train late Tuesday night, according to New South Wales police, when he was approached by two young men who punched him in the face and knocked him from his wheelchair.

He suffered multiple injuries and was waiting for surgery.

"I've been told ... that they'll have to go in and do some draining of the brain. But he's alert, he's talking and whatever," Proden said.

THE CANADIAN PRESS

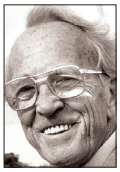
Files on Douglas not safe to release: CSIS

If Louis Riel had been hanged in 1885 because of an informer among his Metis rebels, Canada's spy agency might still be blocking release of that history-changing revelation 125 years later.

That hypothetical scenario was put to the Canadian Security Intelligence Service last week as part of a legal battle over the government's refusal to fully disclose decades-old intelligence gathered on socialist icon Tommy Douglas.

Nicole Jalbert, Access to Information co-ordinator for CSIS, testified she routinely nixes disclosure of intelligence files that would reveal confidential sources or intelligence agents, even if they're long dead and the information gathered decades ago.

She said that rule applies to "more contemporary times" — including the files on Douglas, gathered as far back as the 1930s.



Tommy Douglas

Such files must remain secret "perhaps not forever" but "maybe longer" than 100 years.

Jalbert distinguished between a "very, very old" case like the hypothetical Riel scenario and those like the Douglas case, which are "just old."

Some of the intelligence was gathered before the Second World War, but she insisted the Douglas case is "still quite contemporary."

"These people still have families and reputations. How are you going to recruit somebody if you can't guarantee their anonymity?"

The battle over Douglas' intelligence file began in November 2005, when reporter Jim Bronskill made an Access to Information request for the RCMP dossier on the fabled Prairie preacher who served as premier of Saskatchewan and federal NDP leader, and who is widely hailed as the father of medicare.

THE CANADIAN PRESS

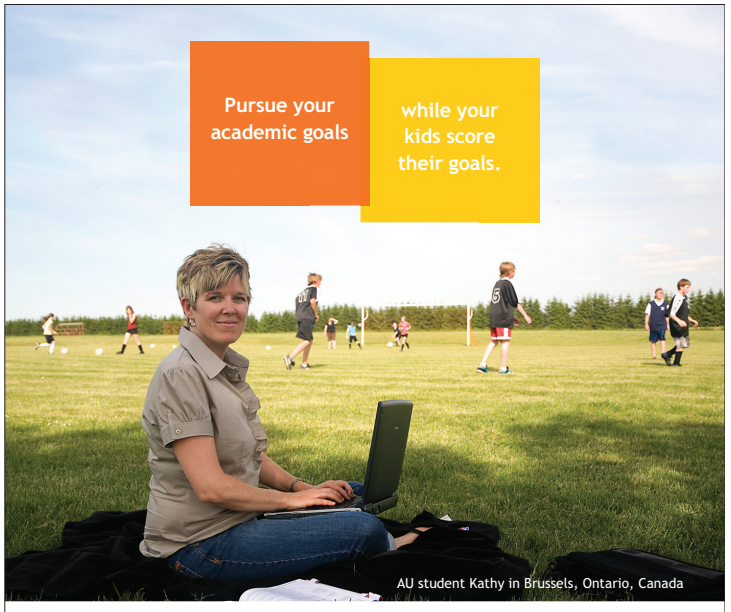
Paralympics **Relay nears end**

DARRYL DYCK/THE CANADIAN PRESS

Ross MacDonald carries the Paralympic flame during the Paralympic torch relay yesterday in Vancouver. The 2010 Paralympic Games open tomorrow.

News in brief

HAITI Canada will play a leading role at an international meeting to rally the Haitian diaspora to rebuild their earthquake-battered homeland, The Canadian Press has learned. The Organization of American States is hosting the three-day gathering of Haitians living abroad in Washington later this month. The meeting will attempt to match expertise from the vast expatriate communities in Montreal, Miami and elsewhere with the massive rebuilding effort the country faces after the Jan. 12 earthquake. THE CANADIAN PRESS



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Tax man wins job protection

B.C. tax collectors who will become federal employees under a plan to replace the provincial sales tax with the HST have won some job protection. The B.C. Government and Service Employees Union says a deal has been signed by the B.C. and federal governments. THE CANADIAN PRESS

Crash renews calls for separate agency

Keith Kenny didn't worry too much when he climbed aboard the helicopter that would shuttle him out to his job on one of Newfoundland's offshore installations.

He would settle into the back of the Sikorsky S-92 and fall asleep for the roughly two-hour ride as he had many times for the last several years.

But when one of the helicopters crashed a year ago killing 17 people, Kenny's sense of ease quickly evaporated while attention turned to the safety of the aircraft flying workers to the platforms and the regime that oversees the lucrative industry.

In particular, observers, experts and employees said the crash of Cougar Flight 491 highlighted the need for a separate safety agency to replace an offshore regulator that has the competing tasks of promoting the industry and protecting workers.

Kenny, who lost friends and his niece in the crash last March 12, argues that Newfoundland's offshore regulator is in a clear conflict and might not be able to both advocate on behalf of the industry while ensuring worker safety.

"Things have to change," the 45-year-old galley steward said from his home in Fermeuse, one of the small communities along the Avalon Peninsula's eastern coast that lost nine people in the accident.

"Are they protecting the companies more than they are the workers? Who knows, but hopefully now everyone will do right."

The difficult question is a central one being asked about the Canada-Newfoundland and Labrador Offshore Petroleum Board, the arm's-length regulator that has both safety and resource management as two of its four mandates. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Robert Decker, the lone survivor of a helicopter crash that killed 17 people off Newfoundland's east coast, arrives at the November inquiry into the incident in St. John's, N.L.

More child porn charges laid against B.C. man

CRIME More sex and child pornography charges have been laid against a Surrey, B.C., man who was arrested in January following an investigation into abuse involving nine children.

The RCMP say with the eight new charges, the 36-year-old man now faces 16 charges, including sexual assault, sexual interference, and possessing, making and distributing child pornography.

The investigation began when an international source tipped police that the accused and other people around the world were exchanging images and videos of children aged five to 11 being sexually abused.

Police searched the man's home and found electronic and computer evidence that led to what they call the "rescue" of seven children in B.C., as well as one child in Ontario and one in the U.S.

The RCMP say the worldwide investigation continues and more arrests could be made. THE CANADIAN PRESS

News in brief

DAMAGES A New York jury has awarded $2.25 million in damages to three members of the all-girls Windsor Wildcats team involved in a fatal bus crash in 2005. A jury deliberated for four hours Monday and determined the amount of cash that should be awarded to hockey players Carly Labadie and Troy Gault and assistant coach Jason Mailloux. All three suffered orthopedic injuries, and were diagnosed with post-traumatic stress disorder following the crash. Four people were killed in the collision in January 2005 when a bus carrying the team rear-ended a parked tractor-trailer near Rochester, N.Y.

LICENCE Saskatchewan Premier Brad Wall says his daughter is on the road — and this time it's legal. Wall told rural municipal leaders at their annual convention that Megan got her driver's licence last November. Controversy erupted in March 2008 when Wall told the same group that he allowed Megan, who was 14 at the time, to drive on a country road near their home in Swift Current. Saskatchewan law says a driver has to be at least 15 years old and have a learner's permit before legally getting behind the wheel. THE CANADIAN PRESS

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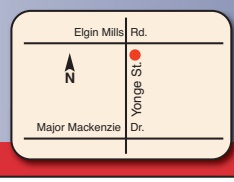

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Caller ID, Voicemail, Missed Call Alerts, Call FW	Included	$10 Caller ID, Voicemail, Missed Call Alerts, $3 Call Forwarding
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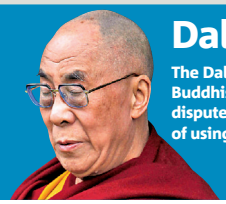
Sarkozy prods nations over enclave disagreement
French President Nicolas Sarkozy expressed concern yesterday about lagging diplomacy between Armenia and Azerbaijan over the enclave of Nagorno-Karabakh, his office said. THE ASSOCIATED PRESS

World



Dalai Lama, China trade shots

The Dalai Lama lashed out at China yesterday, accusing it of trying to "annihilate Buddhism" in Tibet and rebuffing all his efforts to reach a compromise over the disputed Himalayan region. China shot back, accusing the Tibetan spiritual leader of using deception and lies to distort its policy in the region. THE ASSOCIATED PRESS

News in brief

U.S. A long overlooked group of women who flew aircraft during the Second World War were awarded the Congressional Gold Medal yesterday. About 200 women aviators, mostly in their late 80s and early 90s, came to Washington to accept the medal, which is the highest civilian honour bestowed by U.S. Congress.

HUMAN RIGHTS The UN torture investigator says he hopes to make his first visit to Cuba this summer. Manfred Nowak says he is negotiating dates with the Communist government. Cuba has blocked several proposed visits by UN Human Rights Council investigators.

THE ASSOCIATED PRESS

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ScanLife
Alleged domestic abuse? Tickle fights?! What's the deal with New York politics? Scan this code for the story.

'Jihad Jane' held in plot

The self-described "Jihad Jane" who thought her blond hair and blue eyes would let her blend in as she sought to kill an artist in Sweden is a rare case of an American woman aiding foreign terrorists and shows the evolution of the global threat, authorities say.

The suburban Philadelphia woman, Colleen R. LaRose, is accused in the indictment filed Tuesday of actively recruiting fighters, as well as agreeing to murder the artist, marry a terrorism suspect so he could move to Europe and martyr herself if necessary.

LaRose is "one of only a few such cases nationwide in which females have been charged with terrorism violations," said U.S. Department of Justice spokesman Dean Boyd.

LaRose, 46, of Pennsburg, Pa., but with close ties to south Texas, has been held without bail since her Oct. 15 arrest in Philadelphia.

LaRose had targeted Swedish artist Lars Vilks and had online discussions about her plans with at least one of several suspects apprehended over that plot Tuesday in Ireland, according to a U.S. official speaking on condition of anonymity.

LaRose

Irish police said yesterday those arrested were two Algerians, two Libyans, a Palestinian, a Croatian and an American woman married to one of the Algerian suspects.

A U.S. Department of Justice spokesman wouldn't confirm the case is related to Vilks, who angered Muslims by depicting the Prophet Muhammad with the body of a dog.

At least three Swedish newspapers published the cartoon yesterday, arguing that it had news value or was a free-speech symbol.

The indictment charges that LaRose, who also used the name Fatima LaRose as her online moniker, agreed to kill the target on orders from the unnamed terrorists she met online, and travelled to Europe in August to do so.

LaRose indicated in her online conversations that she thought her blond hair and blue eyes would help her move freely in Sweden to carry out the attack, the indictment said.

THE ASSOCIATED PRESS

China Don't sneeze

KIN CHEUNG/THE ASSOCIATED PRESS

American Bryan Berg poses with his replica of The Venetian Macau-Resort-Hotel, as he breaks his own Guinness World Record for the largest house of freestanding playing cards at the hotel in Macau, China, yesterday. Berg used 218,792 playing cards to build the replica during the 44-day project.

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

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Karzai visits Pakistan

What role Pakistan plays in any peace effort aimed at the Taliban is likely to rank high on the agenda during Afghan President Hamid Karzai's two-day visit to Islamabad that started yesterday. THE ASSOCIATED PRESS

Mandela blasted by ex-wife

SOUTH AFRICA Nelson Mandela's ex-wife has bitterly criticized the 92-year-old anti-apartheid icon as having "let us down," prompting outrage yesterday.

Winnie Madikizela-Mandela said she could not forgive him for accepting the Nobel Peace Prize in 1993 alongside F.W. De Klerk, according to a British newspaper. The white president released Mandela and went on to participate in negotiations that ended apartheid.

"He agreed to a bad deal for the blacks. Economically, we are still on the outside. The economy is very much 'white.' It has a few token blacks, but so many who gave their life in the struggle have died unrewarded," Madikizela-Mandela was quoted as saying. THE ASSOCIATED PRESS

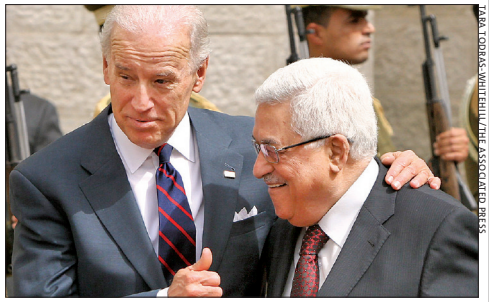
News in brief

ITALY The Italian parliament has passed a controversial measure shielding Premier Silvio Berlusconi from ongoing trials. The measure allows the Cabinet to postpone for six months hearings in any ongoing trial in which they are implicated. THE ASSOCIATED PRESS

Biden rebukes Israel

Settlement issue brings into question U.S. ability to broker peace

An open diplomatic row during the visit of U.S. Vice-President Joe Biden to the Middle East has shone a spotlight on the U.S. failure to rein in Israeli settlement ambitions and deepened Palestinian suspicions that the United States is too weak to broker a deal.



U.S. Vice-President Joseph Biden gestures with Palestinian President Mahmoud Abbas in the West Bank yesterday.

Biden's handshakes and embraces gave way to one of the strongest rebukes of Israel by a senior U.S. official in years after Israel's announcement during his visit that it plans to build 1,600 homes in disputed east Jerusalem. Israel apologized for the poor timing but is sticking to its plan to build the homes, enlarging one of the settlements that have impeded negotiations with Palestinians.

The vice-president yesterday assured Palestinians the U.S. is squarely behind their bid for statehood and urged the sides to refrain from actions "that inflame tensions or prejudice the outcome of talks."

"It's incumbent on both parties to build an atmosphere of support for negotiations, and not to complicate them," Biden said, standing alongside Palestinian President Mahmoud Abbas.

Israel's announcement was widely seen as a slap in the face to its all-important U.S. ally. It stirred significant anger among U.S. officials and widespread skepticism about whether the Obama administration would have the courage or the backing to take Israel to task.

The future of peace talks was called into question yesterday when the Arab League recommended withdrawing support for them.

"This is a global message of American weakness and Israeli arrogance," said Palestinian lawmaker Hanan Ashrawi.

The vice-president's visit had been largely aimed at repairing U.S.-Israeli ties strained over the very same issue now overshadowing Biden's trip: Jewish settlements. Biden condemned the Israeli announcement and pointedly arrived 90 minutes late to a dinner with Israeli Prime Minister Benjamin Netanyahu.

THE ASSOCIATED PRESS

Militants attack aid group, killing six

PAKISTAN Militants armed with assault rifles and a homemade bomb attacked the offices of a U.S.-based Christian aid group helping earthquake survivors in northwestern Pakistan yesterday, killing six Pakistani employees, police said.

The attack prompted World Vision, a major international humanitarian group, to suspend its operations in Pakistan. Other aid organizations condemned the violence but said it would not lead them to curtail their own activities.

"It was a brutal and senseless attack," said Dean Owen, World Vision spokesman in Seattle. "It was completely unexpected, unannounced and unprovoked."

Extremists have killed other foreign aid group employees in Pakistan and accused such organizations of working against Islam, greatly hampering efforts to raise living standards in the desperately poor region. Many groups have already scaled down operations in the northwest or pulled out altogether. Yesterday's attack may have been prompted by World Vision's religious affiliation. Islamists often target Christian groups, which they accuse of trying to convert Muslims. World Vision was founded 60 years ago in the U.S. and is one of the world's largest and most well-funded Christian aid organizations.

The Pakistani government has fought back against militants in the northwest with a series of military operations, and the U.S. has pummeled the insurgents with dozens of drone strikes near the Afghan border, including two yesterday that killed at least 15 people.

THE ASSOCIATED PRESS

Millions homeless

- The assault took place in Ogi, a small town that was badly hit by the 2005 Kashmir earthquake, which killed about 80,000 people and left three million others homeless.

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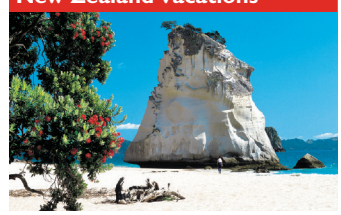

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TICO

Three detained in child trafficking from Haiti

Bolivian officials have detained three people suspected of trafficking 19 Haitian minors following last month's earthquake. THE ASSOCIATED PRESS

Jean offers thanks

Governor General praises help from Dominican Republic

Gov. Gen. Michaëlle Jean, a "daughter" of the island of Hispaniola, offered Canada's thanks to the Dominican Republic yesterday for helping to facilitate relief efforts after the cataclysmic earthquake that shattered its Haitian neighbour.

PAUL CHIASSON/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean shares a laugh yesterday with Dominican Republic President Leonel Fernandez.

Jean followed two days of visits in the broken country of her birth with a diplomatic stop in the Dominican capital of Santo Domingo, where she met with President Leonel Fernandez and members of his cabinet.

"Canada was very impressed by the work of the Dominican Republic in disaster efforts," Jean said, describing herself as "a daughter of this island" who was impressed by the resilience of the Haitian survivors she met during her trip.

Jean also stressed the Canadian government's message that the Dominican will be a strategic partner as Canada focuses on Latin America as a foreign-policy priority. She cited the combined efforts of the two countries following the quake as a prime example.

"The Dominican Republic is a key actor in the region," she said. "The catastrophe that occurred in Haiti gives us the chance to reinforce the links between Canada and the Dominican Republic."

Jean, a champion of women's rights, also met with a women's group, where she learned of the violence and health threats faced by Dominican women, thanks in part to a lack of abortion rights.

Some 30 per cent of the Dominican people earn less than $2 per day, despite having a significantly higher GDP and literacy rates than their Haitian neighbours, she was told.

"What I heard reminded me of battles we fight in Canada," she said, describing how she got involved in the women's movement in the 1970s, helping to create a network of shelters for battered women in Quebec.

THE CANADIAN PRESS

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Ban on Atlantic bluefin tuna fishing sought

European Union governments are calling for a global ban on fishing for Atlantic bluefin tuna at next week's international talks on protecting endangered species. THE ASSOCIATED PRESS

Telling tea tales in China

Intimidation diluted by Internet movement

Like the United States, China is having its own tea party movement, but this one has a very different agenda.

Police have long tried to shush and isolate potential activists, usually starting with a low-key warning, perhaps over a meal or a cup of tea. Now, the country's troublemakers are openly blogging and tweeting their stories about "drinking tea" with the cops, allowing the targeted citizens to bond and diluting the intimidation they feel.

The movement is an embarrassment for officials, who are suspicious of anything that looks like an organized challenge to their authority. And it can't help that "drinking tea" stories seem to be spreading among ordinary Chinese, including ones who signed a recent online call for political reform.

The country's top political event of the year, the National People's Congress, has given the stories another bump. More than 200 people say they've been invited by police to "drink tea" since just Friday, when the congress began, said independent political blogger Ran Yunfei.

"That's according to what I gathered from the Internet," he said yesterday. "And that doesn't include the people who didn't identify themselves." There was no way to independently verify the number.

THE ASSOCIATED PRESS

Online chronicles

- Twitter is blocked in China, but that hasn't stopped people from getting around Internet controls and posting sometimes hour-by-hour diaries of their police encounters.
- A new website, Drinking Tea Chronicles, appeared in China Feb. 27, a few days before the political meetings began in Beijing. It and a similar blog, Invited to Drink Tea Chronicles, remained unblocked yesterday.

Iran top jailer of journalists in world: Watchdog

CRACKDOWN Journalists have become a prime target in an Iranian government crackdown on the opposition following last June's disputed presidential election, with 52 of them currently held — making Iran the top jailer of journalists in the world, according to the Committee to Protect Journalists.

In response, a sort of "underground" journalism has emerged, said Reza Valizadeh, 32, who used to work for the state-run radio and television but who fled the country amid the post-election crackdown.

"We have a kind of guerrilla journalists, who wear masks, have no names, write under pseudonyms and send emails … to news outlets outside Iran," said Valizadeh, who now lives in Paris. THE ASSOCIATED PRESS

Philippines **Sweet, cool relief**

AARON FAVILA/THE ASSOCIATED PRESS

Rolando Dolosa uses a hand-powered mixer yesterday to stir Scrambled Ice, which he sells for about 10 cents (Cdn) in Quezon City, north of Manila. Dolosa said sales increase during the summer as he earns about $11 per day from this mixture of crushed ice, sugar, food colouring, powdered milk and chocolate syrup.

UN climate reports to get review

PANEL At a tumultuous time in UN-led climate negotiations, one of the world's most credible scientific groups agreed yesterday to plug the recent cracks in the authoritative reports of the UNs' Nobel Prize-winning global warming panel.

"We enter this process with no preconceived conclusions," said Robbert Dijkgraaf, who co-chairs the group, the InterAcademy Council of 15 nations' national academies of science.

UN Secretary-General Ban Ki-moon asserted "there were a very small number of errors" in the 3,000 pages of the beleaguered UN Intergovernmental Panel on Climate Change's last major synthesis of climate data in 2007.

But those errors have put public confidence in the panel's work at risk, and have been seized on by climate skeptics opposed to UN-led efforts to finish an international agreement on global warming this year.

THE ASSOCIATED PRESS

Rate Roulette

Are You Gambling With Your Car Insurance Rate?

What is Rate Roulette?

Roulette is a popular casino game in which players gamble on where a ball will land on a spinning wheel marked with a range of numbers. As long as you play within your limit, the game can be fun, even though the odds are stacked against you picking the winning number. Rate Roulette is a game played by drivers who gamble they will find the lowest rate on their car insurance by sticking with a single insurance company. The difference? Most drivers don't even realize they are playing and gambling with their car insurance rate in the first place, mistakenly figuring they've already picked the lowest rate with their current insurer.

What Are My Chances Of Finding The Lowest Rate?

The odds against you picking the winning number on a single spin of the Roulette wheel are 37 to 1. Sadly, the odds against a driver picking the insurance company with the lowest insurance rate for their profile aren't much better. Why? Because there are over 30 insurance companies to choose from and the rates each of them charge to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The only way to ensure you pick a winner at Rate Roulette is to play the whole table…and the only way to do that is to SHOP AROUND for the lowest rate. This is where InsuranceHotline.com can help by instantly providing quotes from over 30 insurance companies to find you the lowest rate available – and the service is absolutely FREE to use. It's like gambling without putting up any of your own money!

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Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
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1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu and 2010 Chevrolet Equinox received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-Impact Crash Test. 2010 Chevrolet Silverado Crew Cab 2WD received a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front seat occupants in the Side-Impact Crash Test. 2010 Chevrolet Silverado Crew Cab 4WD received a 4-star Rating for the driver and front passenger in the Frontal Crash Test and for front seat occupants in the Side-Impact Crash Test. Based on % of vehicles remaining in operation, weighted on age of vehicle. ††Chevrolet Malibu LT Platinum Edition, MSRP $27,760. Chevrolet Equinox LTZ, MSRP $33,460. ¥OnStar® services require vehicle electrical system (including battery), wireless service and GPS satellite signals to be available and operating for features to function properly. 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Inmate on death row attempted suicide: Prison staff

Officials say an Ohio death row inmate was attempting suicide when he overdosed on pills two days before his scheduled execution. Spokeswoman Julie Walburn said yesterday the determination was made by mental health staff in the prisons department. THE ASSOCIATED PRESS

Pope's brother investigated

Catholic authorities in Germany announced two major abuse investigations yesterday — one into the renowned choir once led by Pope Benedict XVI's brother and another more general look into what everyone, including the pope, knew about the sexual and physical abuse of students.

The Roman Catholic diocese of Regensburg in southern Germany appointed an independent investigator to examine the allegations of physical and sexual abuse that have engulfed the prestigious Regensburger Domspatzen boys choir, which was led by the Rev. Georg Ratzinger, the pope's older brother, from 1964 until 1994. So far, the sexual abuse allegations predate Ratzinger's term.

Regensburg Diocese spokesman Jacob Schoetz said Nuremberg lawyer Andreas Scheulen would lead the inquiry and all charges will be investigated completely.

"The independent lawyer will thoroughly go through all existing legal papers, all court decisions and any information available," Schoetz said. "We expect to publish first results within the next two weeks."

In addition, the German Bishop's Conference said it would look into wider-ranging allegations across the country after more than 170 students at Catholic schools have said they were sexually abused decades ago.

THE ASSOCIATED PRESS

Stricter rules on educators

• In reaction to the spiralling child abuse scandal, the German government said it would impose stricter rules on educators. Families Minister Kristina Schroeder said yesterday that local authorities will be allowed to ask for a police check on all applicants who are going to work with kids.

FERNANDO VERGARA/THE ASSOCIATED PRESS

A boy removes debris and sand in front of his house earlier this week in Constitucion, Chile.

Chilean president wins praise for quake efforts

SANTIAGO — President Michelle Bachelet leaves office today with a chunk of her country in ruins — and her popularity in the clouds.

Despite complaints that aid was slow to reach the hungry and homeless, experts say Chile's response to one of history's most powerful earthquakes has been a model for disaster recovery.

At first, the problems were all too obvious: Chile's navy and emergency preparedness office failed to issue a tsunami warning that might have saved hundreds of lives after the Feb. 27 quake, and Bachelet didn't order soldiers to impose order in the streets until after looting had spun out of control.

But experts say other smart moves — like insisting that foreign help meet specific needs, quickly patching up roads and having the military handle logistics — made it possible to deliver 12,000 tons of relief in just 10 days.

And despite extensive damage to hospitals, few additional lives have been lost since the tsunami retreated, leaving at least 497 dead and hundreds missing.

Chile's critical north-south highway was restored the day after the quake, with thick metal plates covering cracks, dump-truck loads of gravel filling collapsed pavement and more than a dozen fallen pedestrian overpasses quickly pushed aside. The patchwork repairs soon enabled an aid convoy of 100 tractor-trailers to make the eight-hour journey south from the capital to the most damaged cities.

THE ASSOCIATED PRESS

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Seventeen dead in Somalian violence
Fighting between Islamist insurgents and government forces killed at least 17 people in the Somali capital yesterday, a medical official said. THE ASSOCIATED PRESS

Spain **Aid worker freed**

MANU FERNANDEZ/THE ASSOCIATED PRESS

Alicia Gamez, 35, a Spanish aid worker, gestures yesterday after arriving at the airport in Prat Llobregat, Spain. Gamez, kidnapped late last year in Mauritania by suspected Islamic militants, was freed yesterday, but two colleagues remained in captivity, the Spanish government said.

U.S. to be minority-majority: Report

Minorities make up nearly half the children born in the United States, part of a historic trend in which minorities are expected to become the U.S. majority over the next 40 years.

In fact, demographers say this year could be the "tipping point" when the number of babies born to minorities outnumbers that of babies born to whites.

The numbers are growing because immigration to the U.S. has boosted the number of Hispanic women in their prime childbearing years. Minorities made up 48 per cent of U.S. children born in 2008, the latest census estimates available, compared to 37 per cent in 1990.

"Census projections suggest America may become a minority-majority country by the middle of the century. For America's children, the future is now," said Kenneth Johnson, a sociology professor at the University of New Hampshire who researched many of the racial trends in a paper released yesterday.

The U.S. study comes a day after Statistics Canada predicted the proportion of visible minorities in Canada will explode in the next few decades. THE ASSOCIATED PRESS

By the numbers

- Roughly one in 10 of the United States' 3,142 counties already have minority populations greater than 50 per cent. But one in four communities have more minority children than white children or are nearing that point, according to the study, which Prof. Kenneth Johnson co-published.

Nobel laureate barred from Myanmar elections

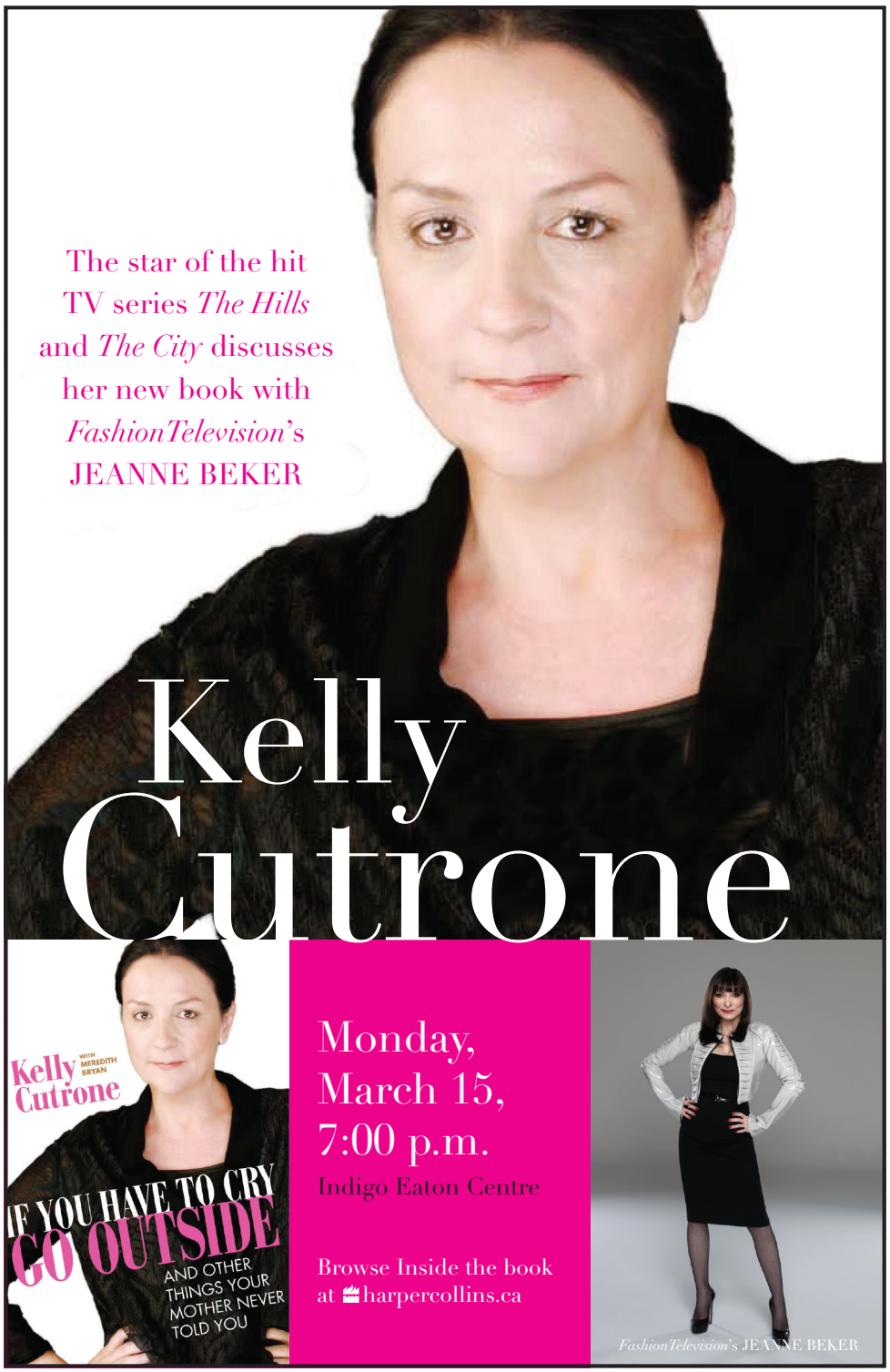
POLITICS Myanmar's military regime took yet another step to expunge Aung San Suu Kyi from the political scene yesterday by effectively barring her from the first elections in 20 years and pressuring her opposition party to expel her from its ranks.

A new election law announced yesterday prohibits anyone convicted of a crime — as Suu Kyi was in August — from being a member of a political party. That makes the detained democracy leader ineligible to become a candidate in historic elections scheduled for some time later this year.

The U.S. and Britain expressed disappointment and regret at the junta's latest move. Analysts called it a clear slap in the face for the international community, which has repeatedly said the elections would not be legitimate if the detained Nobel Peace Prize laureate is barred from running.

The 64-year-old Suu Kyi is the head of the opposition National League for Democracy, which won a landslide victory in the last Myanmar election in 1990. The junta ignored those results and has kept Suu Kyi jailed or under house arrest for 14 of the past 20 years.

The new law, the Political Parties Registration Law, could also force Suu Kyi out of her opposition party. THE ASSOCIATED PRESS



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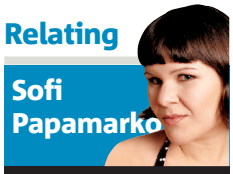
Comment

Be wary of overshare



What if I used this space to share something inappropriately personal?

I constantly guard against offering too much of myself in this column. I know the circulation numbers. I know the score. I know that you, the person holding this paper, are likely a stranger.

That said, I am tempted to overshare online, lulled into a false sense of security that, on Facebook and Twitter, I am "among friends."

My overshares are generally benign minutiae ("This egg salad sandwich is so awesome!"). But many who overshare do it without a filter.

Chances are you would never tell a stranger on the bus about a graphic medical condition or the details of your divorce. And, yet, these are all things that people have shared on Facebook, on message boards and on their blogs.

What is it that compels us to overshare online?

"We are in an age where we repeatedly see the purported benefits of oversharing.

Lindsay Lohan, whose tweets often precede her

I call it 'peep culture,'" says Hal Niedzviecki, author of the recently published book The Peep Diaries: How We're Learning To Love Watching Ourselves And Our Neighbors.

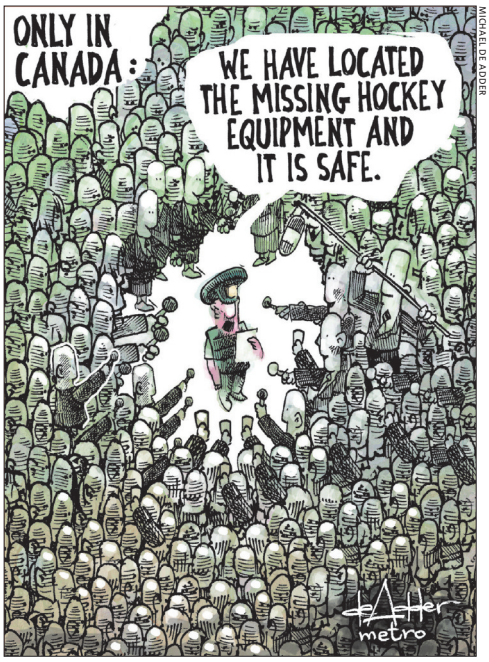
"In pop culture, we are entertained by chosen celebrities who perform for us. In peep culture, we are entertained by random people around the world who let us peep into their lives. These are the friends, family, and strangers we spend time looking at on Facebook, blogs, YouTube, Twitter, Flickr, reality TV, Chatroulette, etc. The more we see (oversharers) being rewarded with attention, extended networks, even money and celebrity, the more it becomes natural for us to overshare and see if we, too, can enjoy some of the benefits…"

Oversharing is a way to get attention, certainly (See: Tila Tequila). But what about those who use social media to rally support during a difficult time? And what if that information falls into less-than-kind hands?

"It's a dangerous thing to use your life and other people's lives as mass media entertainment," says Niedzviecki. "It becomes very easy to forget that these are real people with real lives ... what they say and do, and what you say and do in response, can really hurt them. We're extending a natural human tendency — to share, to reach out and connect with others — into a very unnatural space…"

Before broadcasting your life, consider the consequences of offering pieces of yourself to anyone who will listen.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DE ADDER

Views

Good news, bad news – 15 years later

In 1995, I joined hundreds of women from around the world in Beijing, China, to attend the UN conference on women. It was the third conference of its kind after one in Mexico City and Nairobi, each a decade apart.

So, are things any better for women, worldwide, 15 years after the Beijing Declaration and the Beijing Platform for Action?

First the bad news. Women's nominal wages are 17 per cent lower than men's. Women perform 66 per cent of the world's work, produce 50 per cent of the food, but earn 10 per cent of the income and own one per cent of the property, according to the United Nations Children's Fund.

While much deserved criticism is lobbed at the Arab world (where I am from) for its abysmal record of women's rights — women's economic participation is at a lowly 33 per cent, for example: The lowest in the world — industrialized countries can't brag too much either when it comes to women and the economy.

The Organization for Economic Co-operation and Development (OECD) told rich nations in a report it issued to coincide with International Women's Day that they should do more to cut the pay gap between men and women. Its report showed that women in rich nations on average earn nearly one-fifth less than men.

The pay gap was widest in Korea and Japan, where men earned more than 30 per cent more than women; Germany, Canada and the United Kingdom were the next worst performers with a pay gap of more than 20 per cent. Belgium and New Zealand, which had pay gaps of less than 10 per cent, performed the best.

The good news is that the OECD found the percentage of working women had increased to 62 per cent in 2008, from 45 per cent in 1970. But women in nearly all countries spent at least twice as much time as men taking care of children or other relatives, leaving them with shrinking schedules that allow for only part-time or lower-paying jobs.

Work at home or involving family care is not remunerated, of course, and so as long as women remain primary caretakers and those who sacrifice careers for home, that lower pay cycle will continue both outside and inside the home.

I have lived in the U.S. for 10 years now. How does my new home fare when it comes to equal pay for equal work? Quite badly. Today, women earn 77 cents for every dollar a man is paid. In 1972, it was around 49 cents to the dollar.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Worth mentioning

Device finds a way to make teens 'buzz' off

People who hate teenagers might consider them a dream come true: Buzzers that adults cannot here yet disperse loitering youngsters from public places faster than a cop in a squad car.

But European governments were asked yesterday to ban them.

A parliamentary panel of the Council of Europe said the so-called mosquito buzzers treat young people "as if they were unwanted birds or pests."

It said exposure to their signal — audible to most people younger than 20 but hardly anyone older than 25, amounts to degrading treatment banned by the European Convention on Human Rights.

The culture, science and education committee of the Council of Europe's parliamentary assembly said mosquito buzzers violate the "right to respect for one's private life" and violate the UN Convention on the Rights of the Child.

"Children and other vulnerable persons have the right to be protected from serious attacks against their physical and psychical integrity," it said in a report.

The panel did not speak of a health risk, but said "further medical tests are required" especially on the impact of high-frequency noise on unborn children.

The panel said mosquito-type devices are used in public and private places across Europe, notably in Britain, Ireland, Germany, the Netherlands, Switzerland and Belgium. It estimates there are 5,000 in Britain alone. There are no legal bans now in Europe.

THE ASSOCIATED PRESS

Irritating

- The device emits a pulsating signal that is irritating, if not painful, to minors and drives them from shopping centres or street corners. They are typically installed by public administrations and shops but also schools and private residents, said the panel.

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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: one capsule per day

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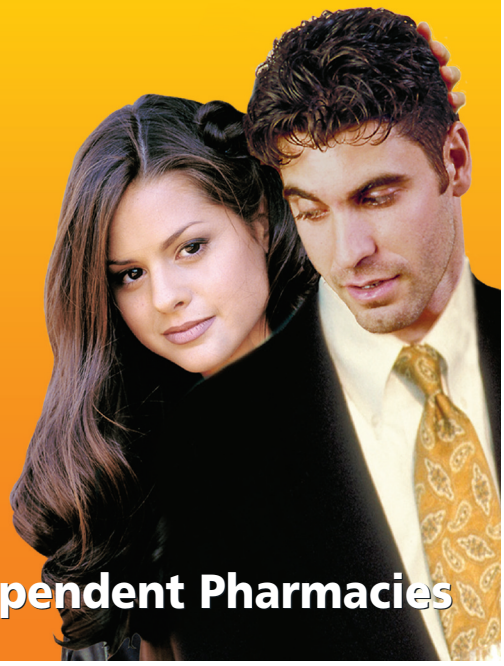

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Canadians missing out on tax breaks: Poll

About 42 per cent of Canadian families with children under the age of 12 are not taking full advantage of tax savings, including 17 per cent who say they are not aware of what options are available to them, according to a new RBC Tax Planning poll. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Loonie making another run

Rising interest rates, commodities boosting our dollar

Expectations of higher interest rates and investor demand for Canada will help drive the Canadian dollar past parity with the U.S. greenback by this summer, says CIBC World Markets.

In a report yesterday, the investment bank notes the loonie has jumped above 98 cents US in recent weeks as investors expect interest rates to rise in Canada later this year.

Higher interest rates — the bank expects a jump of three-quarters of a point — make Canadian bonds and other investments more attractive and raises demand for the loonie.

Other factors that could help the currency are world demand for commodities such as oil, minerals and fertilizers and foreign acquisitions of Canadian companies by U.S. or overseas buyers.

On Tuesday, the Canadian dollar rose more than one-tenth of a cent to 97.43 cents US, approaching the highest level of the year.

"Indeed, we've already seen the Canadian dollar gain several cents in recent weeks as the market began to firm up expectations" of an interest rate hike in July by the Bank of Canada, said Avery Shenfeld CIBC's chief economist.

"If, as we expect, the Bank is out in front of the U.S. Federal Reserve by a couple of quarters, a higher Canadian dollar will help tighten monetary conditions. It's easy to see the Canadian dollar running a few cents through parity after the first hike."

CIBC's currency forecast sees the loonie reaching $1.02 US against the U.S. dollar by September, before dipping back to 97 cents US by the end of the year. That reflects the investment bank's view that the Bank of Canada will raise interest rates in the third quarter, a full six months ahead of the U.S.

Since the Canadian economy is recovering more strongly from recession than the U.S., inflationary pressure are building more rapidly north of the border than in the U.S.

"Nobody should be surprised if the Bank of Canada begins hiking rates as soon as its June-end line in the sand has passed," said Shenfeld, adding he expects rate increases to be implemented in a measured way.

THE CANADIAN PRESS

Telecoms, mining push markets up

STOCKS Rising telecom and mining stocks helped push the Toronto stock market higher yesterday, with the S&P/TSX composite index gaining 42.35 points to 11,961.06.

The telecom sector closed up 1.17 per cent with Telus Corp. ahead 66 cents at $36.39 and Rogers Communications up 66 cents at $35.06.

Media company Quebecor Inc. reported a $73.8-million profit in the fourth quarter, a reversal of last year's $343.6-million loss in the same quarter as it wrote down the value of goodwill and other intangible assets. Revenue grew $25.6 million to just less than $1.03 billion. Quebecor shares rose $1.45 to $33.67.

The TSX rise comes after the market had been lower all week following a sharp, three per cent gain last week, with the market finally surpassing the level where it started the year as investors responded to higher commodity prices and a slew of positive bank earnings.

Analysts said the back-and-forth action could be a factor in markets for some time.

"That is what we are in — a traders' market," said Gareth Watson, director of the Canadian Equities Portfolio Advisory Group at ScotiaMcLeod.

THE CANADIAN PRESS

Quebecor won't rush wireless

TELECOM The head of media giant Quebecor Inc.'s cable TV and cellphone division said yesterday the company won't rush to market with its wireless business, especially after seeing the struggles of some recent entrants into the Canadian cellphone arena.

Quebecor has learned some lessons about being properly prepared, especially when it comes to network reliability, said Robert Depatie, president and CEO of Quebecor's Videotron division.

"We're trying to be focused but not be pressured to go as quickly as possible to market because we want to do it right," Depatie told a conference call with analysts after Quebecor announced it had a $73.8-million profit in the fourth quarter of 2009.

Although he did not cite Toronto-based competitor Globalive's Wind Mobile by name, that company has received some negative attention following its debut.

One recent analyst's report said the Wind Mobile launch has been too rapid and hasn't attracted significant customers, citing Wind's problems as a "cautionary tale" for other new wireless players.

"Lessons have taught us recently from the new entrants that don't be too pressured to go to the market, make sure that your network is well built," Depatie said.

Quebecor has said it expects to launch its wireless business this summer.

And Quebecor president and CEO Pierre Karl Peladeau said he's not opposed to the federal government opening up the telecommunications industry to more foreign ownership, after the federal government said in last week's throne speech that it would allow more entrants from abroad.

"The position that we have ... is that the customers be serviced in the best environment. If foreign ownership is able to bring this, that's fine," he said.

THE CANADIAN PRESS

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SCANLIFE

With soaring debt and staggering economy, is Britain headed for a Greek economic tragedy? Scan this code for the story.

Imax closes deal to build 15 screens

SOUTH KOREA Big-screen movie company Imax Corp. says it has signed an agreement with South Korean exhibitor CJ CGV Co. Ltd. to install 15 digital Imax theatre systems.

The company said yesterday that the joint venture agreement commits CJ CGV to install at least 10 locations, with the option to increase the total count to 15.

Imax said it will begin installing the systems later this year, but it did not provide any financial details for the transaction.

Also included in the agreement is a plan to upgrade four of CJ CGV's existing film-based Imax theatres to digital.

THE CANADIAN PRESS

China **Market uncertainty**

EUGENE HOSHIKO/THE ASSOCIATED PRESS

An investor looks down in front of a stock price monitor at a private securities company yesterday in Shanghai, China. Chinese shares ended a three-day rally and fell amid uncertainty about the direction of government policy as investors awaited February data. The benchmark Shanghai Composite Index shed 20.21 points, or 0.7 per cent, to close at 3,048.93.

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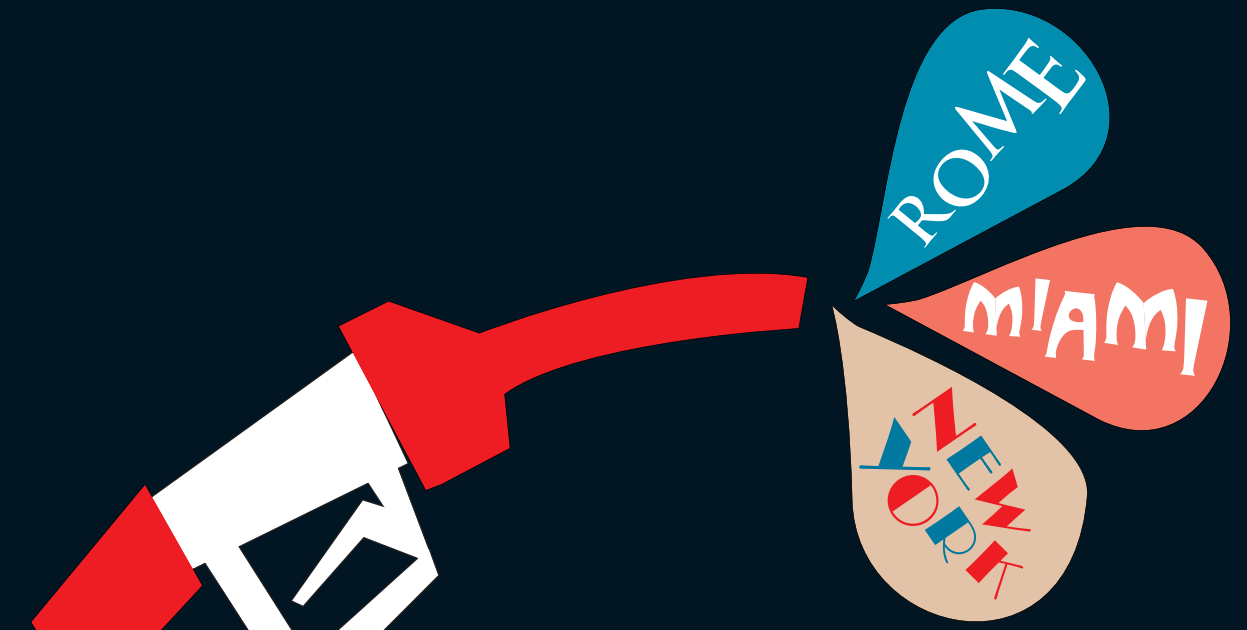

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Profits up for Sobey's

Sobey's grocery store owner Empire Company Ltd. posted a third-quarter profit of $68.3 million (99 cents per share) compared to $61.3 million (93 cents per share) profit in year-ago period; revenue was up one per cent to $3.84 billion. THE CANADIAN PRESS

Canwest in another battle

Investment firm aims to stop sale to Shaw Communications

Goldman Sachs is sharpening its sword for a potential legal battle with Canwest Global Communications over the future of its broadcasting assets with one observer suggesting the investment firm has the clout to kill the sale of the business to Shaw Communications Inc.

"If it were anyone but Goldman it would be easy to classify this as simple muscle flexing without any substance behind it," suggested Carmi Levy, a media analyst at AR Communications Inc.

"But the truth is that Goldman isn't any bidder. Goldman already has a lot of skin in the game."

The New York-based investment firm filed documents in court yesterday seeking to stop the sale of Canwest's television assets to cable operator Shaw, an agreement that was approved last month by the Ontario Superior Court of Justice.

Goldman said Canwest's restructuring process has been "corrupted" and said Canwest's directors and the bankruptcy court bowed to the interests of bondholders, rather than the "best restructuring" plan for the company.

The filing also hinted that Goldman — which owns a 65 per cent stake in the Canwest specialty channels — will offer further roadblocks in the sale process if their appeal isn't heard.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

Canwest, which owns the National Post, is facing another battle over its proposed sale to Shaw Communications.

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U.S. businesses remain cautious

SALES Businesses trimmed inventories at the wholesale level again in January even though sales rose for a 10th consecutive month. The dip in inventories underscored that businesses remain cautious about restocking their depleted shelves.

The U.S. Commerce Department said yesterday that inventories at the wholesale level were reduced 0.2 per cent in January following a one per cent drop in December. Sales were up a solid 1.3 per cent, the best showing since a 3.6 per cent rise in November.

Economists are hoping the steady gains in sales will soon prompt a sustained rebound in inventory restocking. That would trigger increased factory production and provide support for the fledgling recovery.

Analysts believe the stage has been set for such a rebound given how lean inventories are at present following a massive inventory liquidation that occurred during the recession. Inventories at the wholesale level for 13 straight months and have been down 15 of the past 17 months.

THE ASSOCIATED PRESS

France hesitant on Euro fund

EUROPE France yesterday called for reflection over the idea of a European Monetary Fund to help EU member states in times of need, saying a decision to create such a body would take time.

The idea of a European equivalent to the International Monetary Fund has support from German Chancellor Angela Merkel.

THE ASSOCIATED PRESS

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Sports

Nomar retires from Red Sox

Nomar Garciaparra, left, rejoined the Red Sox for one day and then retired, ending a 14-year career in which he won two batting titles with Boston and was once a beloved player in the city. The shortstop signed a one-day contract with his former team yesterday before announcing he's leaving baseball at 36 to become an ESPN analyst. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Case closed on stick mystery

The stick and glove that helped Canada win Olympic gold are back where they belong.

Sidney Crosby's missing gear was on its way to Pittsburgh yesterday.

Hockey Canada says it was misplaced rather than stolen, with both items ending up in the wrong place in the process of packing and shipping equipment after the Olympic final.

The stick and glove were the ones used by Crosby when he scored the overtime goal in the 3-2 win Feb. 28 over the U.S. in Vancouver.

"I'm grateful to everyone who took the time and effort to get my equipment back for me," Crosby was quoted on the Penguins website. "These items are irreplaceable and I'm happy to have them back."

"He's happy that the distractions and questions are gone," added Hockey Canada executive Scott Salmond, who led the search for the equipment.

Crosby's stick was located in Toronto as part of a shipment heading to the International Ice Hockey Federation Hall of Fame in St. Petersburg, Russia. The stick was being sent to the IIHF in the mistaken belief that it was not the game stick.

m.metronews.ca
SCANLIFE
With the playoffs out of sight, what's an Oilers fan to do? Root for the loss, of course. Scan this code for the story.

The IIHF helped locate the stick and provided photographs to Crosby, who confirmed it was the one he used to score on U.S. goalie Ryan Miller.

The missing glove was discovered by Team Canada teammate Patrice Bergeron. The players sat beside each other in the dressing room and one of Crosby's gloves was inadvertently placed in Bergeron's equipment bag.

"With everyone's co-operation, we were able to locate these items and are pleased to be able to return the stick and glove to its rightful owner," said Salmond.

Hockey Canada said both the stick and glove were en route to Crosby. There was no immediate word on his plans for the equipment.

THE CANADIAN PRESS

The stick Sidney Crosby used to score the Olympic-winning goal.

Argonauts sign former Bills QB

CFL The Toronto Argonauts added a second quarterback to their roster yesterday by signing former Buffalo Bills third-stringer Gibran Hamdan to a one-year contract plus an option.

His addition comes a day after Dalton Bell was acquired from Saskatchewan for a fifth-round pick.

The six-foot-four, 220-pound Hamdan was an NFL free agent and was said to be interested in Toronto because it offered the best chance to play immediately.

The Argos have had an interest in Hamdan since after the 2008 season. He reportedly met with Bart Andrus in Toronto before the former coach was fired last December. Hamdan played for Andrus with NFL Europe's Amsterdam Admirals in 2006.

The 29-year-old didn't see any action with the Bills last season and is eager to get going in the CFL.

"I've already begun to surround myself with people who know what it takes to be a successful quarterback in the CFL and I'm working very hard to get ready," Hamdan said in a release.

THE CANADIAN PRESS

RICK STEWART/GETTY IMAGES

Former Buffalo Bills quarterback Gibran Hamdan has signed with the Toronto Argonauts.

Sports in brief

BASEBALL Greg Dobbs and John Mayberry each hit a pair of doubles, and Cody Ransom homered to lead the Philadelphia Phillies to a 4-2 victory over the Toronto Blue Jays yesterday. Blue Jays starter Kyle Drabek, acquired from Philadelphia in the Roy Halladay trade, pitched two shutout innings.

NBA Philadelphia 76ers coach Eddie Jordan says he's not worried about a newspaper report stating he could be fired soon. The Philadelphia Inquirer, citing unidentified sources, reported Tuesday that Comcast-Spectator was ready to fire Jordan, likely after his first season with the team is complete.

NFL LaDainian Tomlinson is coming to Minnesota for a visit, and the Vikings believe he could be a good fit. Tomlinson is scheduled to meet with coach Brad Childress and other members of the organization today.

BASEBALL Los Angeles Angels centre-fielder Torii Hunter has called black Latino baseball players "impostors" when it comes to the appearance of the number of African-Americans in the major leagues. Hunter's comments were made two weeks ago in one of a series of USA Today roundtables about baseball and published in yesterday's editions.

BASEBALL Alex Rodriguez may soon be talking to U.S. federal authorities, and he hopes it will happen close to spring training. Lawyers for the Yankee slugger are setting up an interview as part of an investigation into a Canadian doctor who is the focus of a cross-border drug smuggling case involving human growth hormone. THE ASSOCIATED PRESS

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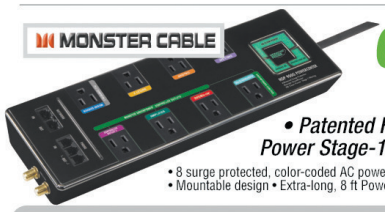

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Martingrove takes boys' basketball title

The Martingrove Collegiate Institute Bears won the provincial boys' AAA basketball title last night, defeating the top-seeded St. Ignatius of Loyola Hawks 56-54 in Kingston. Troy McDonald led Martingrove with 16 points. In the bronze-medal game, Jarvis Collegiate Institute beat Orchard Park Secondary School 55-45. METRO NEWS SERVICES

Blindside hits to head face crackdown

NHL general managers have agreed on a rule to penalize blindside hits to the head, looking to protect its talent in a game they acknowledge has become faster and more prone to collisions in recent years.

The GMs want referees to call a minor or major penalty for any hit where the primary point of contact is the head.

The penalty is subject to approval from the competition committee, which is composed of five players, five GMs and Philadelphia Flyers owner Ed Snider. But that's not expected to be a problem since the GMs have agreed on the proposal and the players have already signalled their support.

The new rule, which has not yet been given a specific name, could take effect next season. The proposed wording is:

"A lateral, back pressure or blindside hit to an opponent where the head is targeted and/or is the principal point of contact is not permitted. A violation of the above will result in a minor or major penalty and shall be reviewed for possible supplemental discipline."

"We are shifting some of the responsibility from the player getting hit to the player delivering the hit ..." Colin Campbell

The rule recommendation signals a shift in thinking by the GMs, who showed little interest a year ago when the NHL Players' Association proposed such a penalty. It could also mark a cultural change for a sport that has traditionally placed the onus on a player receiving a hit to protect himself.

"Basically, we are taking a completely legal hit with the shoulder and saying from a certain aspect in the future that is going to be an illegal hit if delivered to the head," league disciplinarian Colin Campbell said yesterday as three days of meetings wrapped up on Florida's Atlantic coast.

"We are shifting some of the responsibility from the player getting hit to the player delivering the hit now, which was never a part of our game. Since you grew up, you always had to have your head up. You'd get crap from your dad if you got hit while watching your pass. But now, there is some responsibility on the guy delivering the hit."

Campbell acknowledged it would be best if the changes could be made immediately, but said it simply wasn't possible.

On the same day he found himself talking about a new standard for head hits, Campbell decided not to suspend Pittsburgh Penguins forward Matt Cooke for a hit that will be used as a textbook example of what isn't allowed under the proposed rule.

Over the weekend, Cooke knocked Boston's Marc Savard out cold with a blindside check to the head.

Savard remains out indefinitely with a concussion. THE CANADIAN PRESS

Kings reign over Raptors

NBA RESULTS

Raptors 90 **Kings** 113

NBA Tyreke Evans recorded his first career triple-double with 19 points, 10 rebounds and 10 assists, leading the Sacramento Kings to a 113-90 victory over the Toronto Raptors yesterday.

Perhaps the leading candidate for rookie of the year, the point guard passed to Francisco Garcia for his 10th assist late in the game and promptly went to the bench amid a chorus of cheers.

Andrea Bargnani scored 20 points for the Raptors, who have lost three straight and seven of eight games.

THE ASSOCIATED PRESS

Brier Ontario on a roll

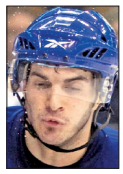
ANDREW VAUGHAN/THE CANADIAN PRESS

Ontario skip Glenn Howard watches a rock against Newfoundland and Labrador as Brent Laing, left, and Craig Savill sweep yesterday at the Tim Hortons Brier in Halifax. Howard improved to 9-0 with a 9-5 win over Brad Gushue of Newfoundland and Labrador in the morning draw and an 8-4 victory over Manitoba's Jeff Stoughton later in the day, advancing him into the playoffs.

Last month of season gives young Leafs chance to learn

NHL During a brief down moment in practice yesterday, Toronto Maple Leafs goalie Jean-Sebastien Giguere huddled with forward Luca Caputi and gave the rookie a few tips.

The team had been working on a power-play drill and Caputi's job was to get his six-foot-three, 200-pound frame in Giguere's way. Was he doing a job of it, the kid asked? Not really, the veteran answered.



Luca Caputi

"He told me it was better if I were to be screening him as the puck was being released by the defenceman, because then he can't see anything after that. Once he can see where the shot is coming from, then it's easier for him," Caputi said.

"I think that's my spot on the power play, and I'm going to take the information he gave me and work on getting better at it."

With only 16 games remaining in what will be a fifth straight playoff-less season for the Maple Leafs, having youngsters like Caputi take such lessons and put them into practice is the best way for the club to extract some value from the next month.

Caputi, who scored the tying goal in the third period of Tuesday's 4-3 overtime win versus Boston, was one of six rookies to dress for Toronto (Viktor Stahlberg, Tyler Bozak, Christian Hanson, Carl Gunnarsson and Jonas Gustavsson were the others) to go along with four sophomores (Mikhail Grabovski, John Mitchell, Nikolai Kulemin and Luke Schenn).

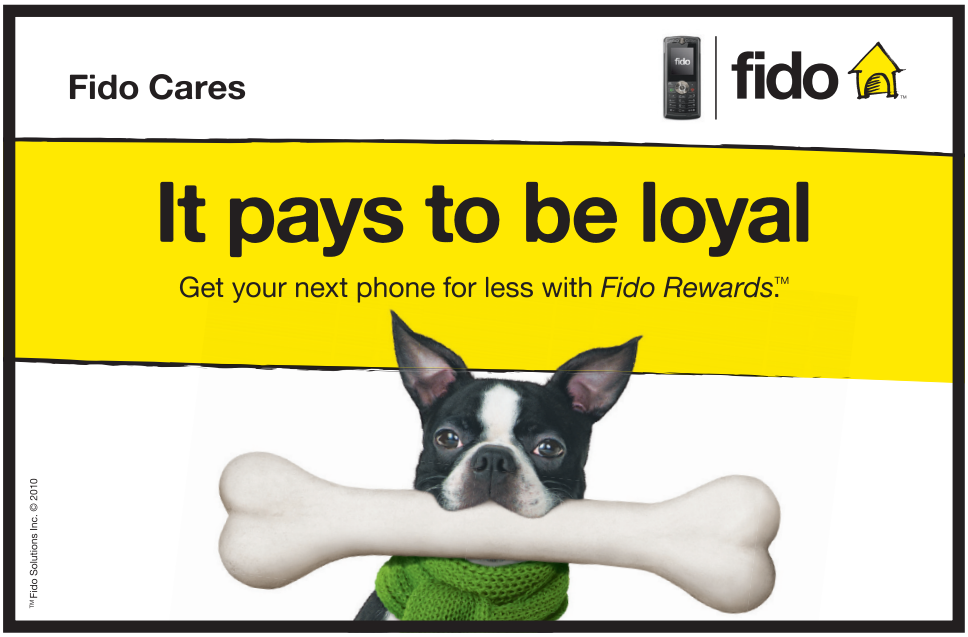
At 21-33-12, the Maple Leafs are fighting hard to avoid finishing last overall and the kids have a chance to be part of the solution. The experience they gain playing teams fighting for the playoffs like the Bruins or the Tampa Bay Lightning (27-27-11), whom they host tonight, will only help them down the road.

"I think the goal for any young guy on this team right now in the position we're in is to try and prove that we're a young core they can build around," said Caputi.

Inherent with that is the growing pains that come with icing such an inexperienced lineup, and that's something head coach Ron Wilson understands he must live with.

"We have to be on the edge and some of these guys are learning that it's hard to prepare for four games a week, let alone two or three," he said. "That's the process we're going through right now."

THE CANADIAN PRESS



SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo 5 Dallas 3
Chicago 3 Los Angeles 2 (OT)
New Jersey 6 N.Y. Rangers 3
Washington 4 Carolina 3 (OT)
Vancouver at Phoenix

TODAY'S GAMES

Tampa Bay at TORONTO, 7 p.m.
St. Louis at N.Y. Islanders, 7 p.m.
Boston at Philadelphia, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Atlanta at Columbus, 7 p.m.
Edmonton at Montreal, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Florida at Colorado, 9 p.m.
Ottawa at Calgary, 9 p.m.
Nashville at San Jose, 10:30 p.m.

NBA

YESTERDAY'S RESULTS

Sacramento 113 TORONTO 90
Charlotte 102 Philadelphia 87
Dallas 96 New Jersey 87
Denver 110 Minnesota 102
Memphis 111 Boston 91
Miami 108 L.A. Clippers 97
Oklahoma City 98 New Orleans 83
San Antonio 97 New York 87
Utah 115 Detroit 104

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Chicago at Orlando, 8 p.m.
Portland at Golden State, 10:30 p.m.

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FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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The Shops at Don Mills

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RICK MCGINNIS/FOR METRO CANADA

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Easy-going and easy to live in, Don Mills lives life at its own pace.

The north Toronto residential neighbourhood is a self-contained entity of schools, shops, parks and quiet residential streets that offer a simple, effective liveability.

The area claims to be one of the first modern planned communities in North America, and that legacy is clearly visible in the carefully sequestered quadrants, strategically placed amenities like schools, churches and parks and planned combination of high- and low-density residential offerings. Don Mills has always enjoyed a good reputation for its numerous parks and hidden-away feel and condo developers have finally taken notice as the area has seen an impressive surge in new condominium construction recently.

Don Mills' own symmetry is mirrored by The Donway, the famous circular street that rings the main intersection at Don Mills Rd and Lawrence Ave. and serves as a sprouting point for many of the area's residential streets.

A newly redesigned outdoor luxury shopping mall (Shops at Don Mills, 1090 Don Mills Rd.) — opened last Spring — has breathed new life into the area's shopping and dining, while nearby amenities like the Donalda Golf and Country Club and the Ontario Science Centre make the area a destination from across the city.

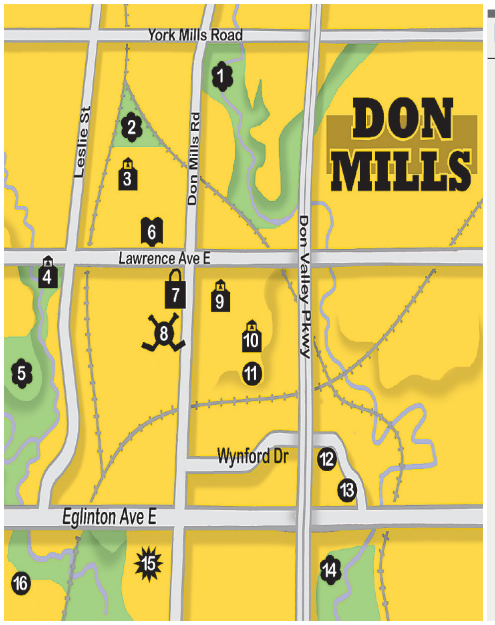
A culturally diverse area, Don Mills' roughly 26,000 residents hail almost equally from North America, Europe and Asia, and the region is known for its mid- to higher-income residents, average $137,063 per family.

If you love parks Don Mills does not disappoint with several dozen medium and large-sized parks.

Whether you just want a rewarding home away from downtown or an ideal place to raise a family, Don Mills offers plenty and asks for little.

The lowdown

- Real estate: $528,134
- Rent: $1,114
- Getting around: Buses on Lawrence and Don Mills, subway access at Don Mills Station at Sheppard Ave.



Legend

- 1: Donalda Golf + Country Club
- 2: Bond Park
- 3: Norman Ingram school, 50 Duncairn Rd.
- 4: St. Bonaventure school, 1340 Leslie St.
- 5: Sunnybrook Park
- 6: North York Public Library
- 7: Shops at Don Mills (SW corner of Don Mills and Lawrence)
- 8: Don Mills Civitan Arena (1030 Don Mills Rd.)
- 9: Don Mills CI & MS
- 10: Greenland school, 15 Greeenland Rd.
- 11: Red Hot Condos 1 & 2, Don Mills and Greenbelt
- 12: The Rosewood condo, 133 Wynford Dr.
- 13: Accolade condo, 181 Wynford.
- 14: Flemington Park Golf Club
- 15: Ontario Science Centre (770 Don Mills Rd.)
- 16: The Scenic on Eglinton

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Monarch

One of Don Mills' design principles

The neighbourhood principle: This broke down the community into four neighbourhood quadrants, all surrounding a regional shopping centre, Don Mills Centre, at the southwest corner of Don Mills and Lawrence. Each quadrant was to contain a school, a church, and a park. WIKIPEDIA.ORG

Don Mills: A future in the past

Don Mills
Spaces & Places

RICK MCGINNIS
for Metro Canada

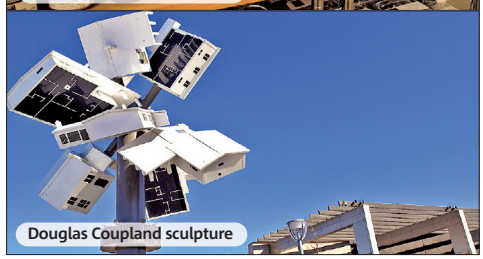
There's a Back to the Future vibe to Don Mills that's hard to ignore, and it's not just because it's one of the largest and best-preserved postwar neighbourhoods in the city, and probably the whole country.

Once you're off the main thoroughfares, it's hard not to imagine cars with tail fins and kids with Davey Crockett caps on the sinuous network of curving residential streets laid out in the early '50s, full of ranch-style houses with slanted roofs, carports and picture windows.

Terry West, president of Don Mills Residents Inc., a community association, moved here in 1964, and says he's seen the neighbourhood go through a full life cycle.

"One of the significant things about Don Mills is that it becomes a final destination," West says. "When people move here they tend to stay here. The houses are fairly small and when the kids move people didn't need to downsize."

Mark McEwan's grocer


Douglas Coupland sculpture

RICK MCGINNIS/FOR METRO CANADA

While Don Mills didn't have a main street, it did have a centre — an open-air shopping mall at Lawrence and Don Mills called Don Mills Centre. It thrived and prospered through the '50s and '60s, and had a hockey and curling rink, a bowling alley, a pool hall and a movie theatre at its zenith. It was enclosed in the late '70s, which was when its long, slow decline began. It was finally demolished in 2006, after which Cadillac Fairview broke ground on the Shops at Don Mills, which opened last year as, of all things, an open-air mall.

It's as if Marty McFly had gotten out of Doc Brown's DeLorean in the future, to find that Hill Valley had been faithfully rebuilt to look like it did in the '50s – but with upscale shops and franchises replacing Lou's Café and Roy's Record Store. There have been some hiccups, however, with aging local residents complaining that the new Shops, with its gourmet supermarket by restaurateur Mark McEwan and fashion boutiques, wasn't meant for them. The hiccups got louder when the McNally Robinson Bookstore, an anchor store, suddenly closed when the company went bankrupt.

Anthony Lucian cuts hair at Barba, an updated men's barber located under a covered breezeway by the Shops' centre square.

"That was bad," he recalls of the day the bookstore went down, but he acknowledges that there's money in the area — who else is driving the Aston Martins he's seen parked here? "Some people say it's too high end for the area. Some people say it's just right."

BOTH PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Many condos are popping up on the Don Mills horizon as of late; one of the larger ones being the Accolade by Tridel, right.

What do you like about Don Mills?
-compiled by Rafael Brusilow

Josh McKellar
age 32, visits the area
A: "I like that there's a strong community feel around here. Joey's is a nice in-between meeting spot for food and drinks."

Rachel Swartz
age 30, visits the area
A: "Everything here feels aimed at the outdoors. Mongolian Grill has great variety."

Hedy Minten
age 49, lives in the area
A: "It's a great place for families and in the summer we love the outdoor concerts. We go to Jack Astor's a lot."

Small space survivor

DecorMoment

Karl Lohnes
metronews.ca/decormoment

I'm not sure I know anyone who claims to have enough space in their home; people who live in big houses seem to have cramped closets and over-stuffed rooms just like those of us in smaller town homes and condos. The key to living large is to maximize your home with smart decorating and furnishing ideas. Here are four of my decorating rules and some great products that will help you survive any small space.

Rule 1: Every piece of furniture must perform two duties!

A slim console table can be a server/bar, dressing table or hold a flat screen television; a long storage ottoman can act as a footstool, a coffee table or an extra perch for unexpected guests; a comfy upholstered dining chair can be an extra seat in the living room and size appropriate to sit in the corner of a bedroom.

Rule 2: Use similar colours and tones used throughout!

Be strong and commit to either all light, medium or dark tones when choosing things like flooring, walls and furnishings in your space. Using similar tones will allow the eye to roam freely, making a space feel larger. Using too many light and dark options will instantly chop the space and make it feel smaller.

Rule 3: Create big impact in each room!

A tall headboard in the bedroom, a set of floor-to-ceiling drapes in a dining area, a decorative fireplace mantel in the living room are all items that will help create big impact while taking up minimal floor space.

Rule 4: Get the right size dining table!

You need a minimum of three feet of clearance on each side of the table, a round table is more flexible for seating, a pedestal based table makes it even more flexible, and a leaf extension is allows the in-laws to visit.

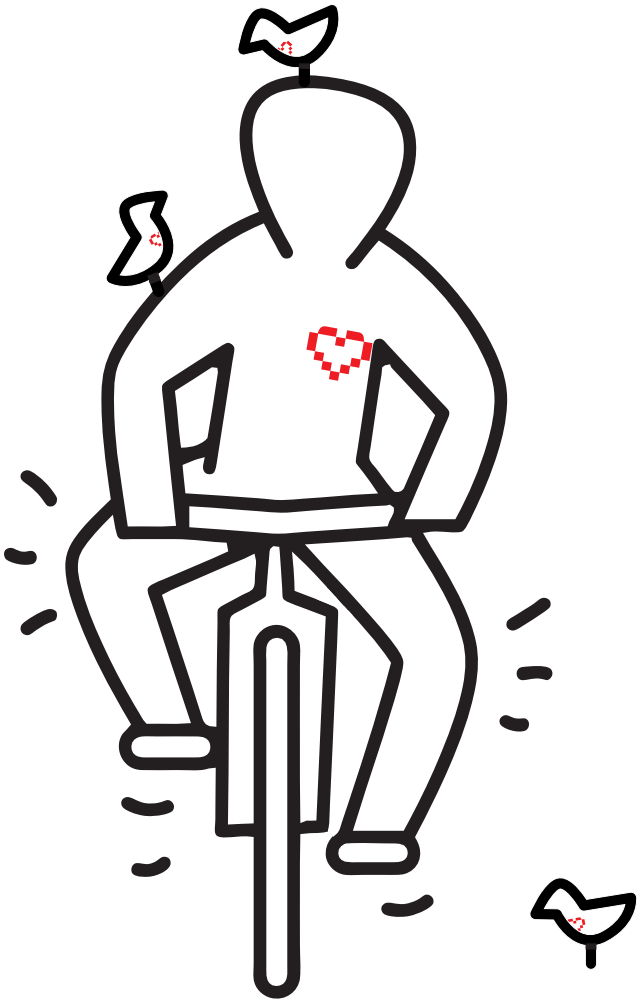
My favorite piece of furniture: The Hydraulic Storage Bed offers enough storage underneath to replace six large dresser drawers (around $2200 for queen size, sunpanimports.com). Its easy to manoeuvre with just one hand and there's no need to purchase a dresser and you won't need a box spring!

Best design for the money: Ikea's Pendel clock tower is the modern and affordable grandfather clock. It not only ensures you will never be late for work but also offers up stylish slim storage in the foyer, bathroom or hallway. $179, ikea.ca

Smartest thing to get: The Pilsen desk; made of glass and metal is the perfect size to work, dine, or use as a console. Around $249 from Crate and Barrell, crateandbarrell.com

And for your designer tip of the day: To make a small space look as large as possible, paint the walls two shades lighter than your flooring.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM



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The Harlequin ... Personalized Pet Bowl is made of heavy ceramic and hand painted. Monogramming is at no extra cost. Ballard Designs, $65, ballarddesigns.com. JENNIFER BILL/FOR METRO CANADA

This three-piece One For Pets set comprises a large and small treat tin and a scoop. Dogfather, $39, dogfatherandco.com.

Homes in **Style**

For **Pets' sake**

JENNIFER BILL
for Metro Canada

Gone are the days of the plastic water dish and boring plaid pet bed.

Pet owners who have an eye for design have Fluffy and Fido eating and lounging in style, munching their kibbles from stainless steel bowls, enjoying their treats from decorated ceramic jars, and sleeping on custom pet snoozers that blend with the couches and chairs.

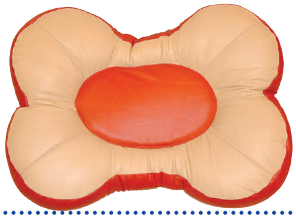
"(Pet products are now) more modern, for an urban lifestyle," said Judith Pagnier, owner of My Pet Boutique in Yorkville. "There is a lot of choice for every decor sense. We see everything. We have very ultra modern stainless steel bowls but we also have resin bowls with a fleur-de-lis on it."

These Pet Food Canisters come in white lacquer finish and galvanized steel finish. For dogs, 25 litre; cats 13 litres. Ballard Designs, $45-$49, ballarddesigns.com.

Let the felines have some fun in the Cat Fun Tunnel. Canadian Tire, $14.99, canadiantire.ca.

Assorted beds by Aviva Designs are luxury comfort for your pets, Dogfather & Co., $95-$270, dogfatherandco.com: Red one: Luxury Doggy Divan with a drop front, with red naugahyde exterior, zebra suede cushion, and leopard print cushion ($270); Stripped one: Luxury Doggy Divan with drop front with Hudson's Bay print ($170). The third bed is an Aviva Toile Celestial Sleeper ($95).

This cute bone-shaped Woof Poof Bed is a highly durable and dirt-resistant bed made of high-quality leather (non-chemically treated and safe for dogs). A perfect piece to match your furniture decor, luxurious yet practical enough for your little pooch to enjoy for years. Ideal for doggies 5 to 15 lbs. Bobo Canada Fine Pet Boutique, $269, bobocanada.com.



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Elegant open-concept suite an inviting space

Suite Talk

RAFAEL BRUSILOW
for Metro Canada

Elegant simplicity is celebrated at Richmond Town Manors with an open-concept design that creates a social, inviting space.

At the Richmond Street and Strachan Avenue development, located between King and Queen streets west of downtown, Kelly Fast, director of interior design at Core Architects designed the model suite to feel supremely modern yet undeniably comfortable.

Clean lines and high-end finishes create a striking look that Fast modelled on the overall modern architectural cues present in the exterior of the building. She also went for open-concept living spaces throughout the suite to maintain a sense of clean, uncluttered style that is the hallmark of modern design.

"The main difference between traditional planning and modern planning is that open concept — there's nowhere to hide anything and the space is devoid of clutter. There wasn't a lot of desire to add a lot of accessories to confuse the space," Fast said.

Furniture was kept simple and carefully chosen to scale to maximize the largeness of the space yet without compromising on creature comforts: While many designers these days chicken out from using large dining tables in more compact spaces, Fast stuck with a full eight-seat dining table in the dining room to keep things practical.

"We needed to put in pieces that would work for people in real life. We didn't scale back," Fast said.

In the kitchen, Fast maintained the open-concept feel but added plenty of storage with walnut cabinetry matched to man-made quartz stone countertops. Attached to the open-concept living and dining rooms, the whole area morphs into a focal point for entertaining guests.

"The kitchen is open and very close to the living and dining areas. We really looked at it as the ideal entertaining area — you want to be able to sit and have a glass of wine with someone as they make dinner," Fast said.

The master bedroom maintains the simplicity of the rest of the suite while veering away from minimalism with the inclusion of a traditional, upholstered bed.

"The real inspiration in that room is the natural light. I wanted to keep things bright and clean and open. We did an upholstered bed to show that modern doesn't have to be uncomfortable," Fast said.

Seen here are some shots from Richmond Town Manors.

Condo info

- Builder: Rosant Developments
- richmondtownmanors.com
- Available now
- Sizes & pricing: Suites average 1,800 sq. ft. and range from $859,000 to $929,000.

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Microwave stinking up your food?
Try microwaving four or five cloves and a half-cup of chopped lemon with some of water. Microwave until the water boils. Let the solution sit until the water cools. Wipe down the walls and leave the door open to air it out. SYLVIA PUTZ

After a smelly winter, time to freshen up

After a long winter of living in tightly insulated spaces with closed windows, don't you want to throw open the shutters to the fresh, bracing air?

All homes build up odours that come from normal, necessary but smelly human activities, like cooking, changing diapers, looking after pets and so on. At the end of the closed-in winter season, the air can smell stale. The best solution is to tackle the source of unpleasant smells:

• Air out the house as soon as the weather allows;

• Dust those hard-to-reach places that have accumulated a coating over the winter. Remember to wipe blinds;

• Change vacuum bags often;

• Remove encrusted ducts and vents and wash off dusty deposits;

• Carpets and fabrics (upholstery and drapes, for example) can hold smells. Try sprinkling baking soda onto carpets or onto upholstery and leave it overnight, where it absorbs odours. In the morning, vacuum. And wash or professionally clean drapes at a cleaner that uses non-toxic chemicals;

• Consider having carpeting or rugs professionally steam cleaned, and replace old carpets;

• Mold and mildew can cause sour smells. Wipe down walls and floors and surfaces in areas that get damp such as bathrooms, laundries and kitchens with a solution of white vinegar and water (1:2). Use exhaust fans to remove moisture;

• In the kitchen, scrub ceilings and areas near the stove. (Minimize frying in fat, as airborne fat particles will adhere to everything and leave a smell. If you do, use a pan cover, and always use the kitchen fan while cooking);

• To combat lingering odours from foods with strong smells such as cabbage, fish or curries, try putting out a bowl of white vinegar to absorb smells. Or, fill a plastic yogurt container with charcoal briquets, punch holes in the top and leave the container in an unobtrusive place. An open container of unused coffee grounds or beans will also absorb smells, as will boxes of baking soda.

• Basements can often smell moldy due to dampness. If you've got an unfinished basement, fix any cracks in concrete with concrete sealer, and clean and seal weeping basement walls. Also wrap condensing pipes with pipe wrap so moisture doesn't trickle down pipes. If it's a finished space, use a dehumidifier to keep moisture to a minimum, and fix any obvious sources.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

HomeScape

Add nice smells

- Bake cookies or bread;
- Boil cut up lemons or oranges, a dash or cinnamon or nutmeg or vanilla. Simmer;
- Soak a cotton ball with lemon, orange, vanilla, peppermint extract or oil of cloves. Place in a small, clean jar, punch holes in the lid, and leave in an unobtrusive place;
- Put out fresh flowers;
- Purchase a few live potted plants, as they filter smells;
- Burn beeswax candles;
- Consider downsizing kitchen compost or garbage, and remove it frequently;
- Don't allow smoking in your home, as smoking smells are not easily eliminated;

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Hermes Paris show
Paris got its own Savile Row with Hermes' fall-winter 2010-11 ready-to-wear collection of gender-bending looks fit for a dapper English gentleman. Little leather skirts were worn with menswear blazers and peacoats with crocodile belts. THE ASSOCIATED PRESS

Style

Obama gown for exhibit

Michelle Obama said Tuesday that she'll always cherish the moment she slipped into her inaugural ball gown, a one-shouldered, white chiffon design. She'll have to hold on to the memories because the gown isn't exactly hers anymore. In keeping with tradition, Obama donated the Jason Wu design to the Smithsonian Institution's National Museum of American History this week. It will go on public display in a new gallery for the museum's first ladies exhibit, featuring president's wives from Mamie Eisenhower to the present. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

March break must-haves

Tips on creating your suitcase shortlist

JORDANA DIVON
for Metro Canada

Whether you've pinned your Miami plane ticket to the cubicle wall, or fluffed up your down jacket in preparation for the slopes, Metro has assembled a list of March break must-haves to make your suitcase shortlist.

For the sunward bound, this season is all about legs and knowing how to use them. Holt Renfrew's style guru Barbara Atkin offers a few tips on how to wear minis — and not let them wear you.

"This season we saw a contest of short, shorter and shortest across the runway, a trend that works perfectly with a warmer climate and looks great with a tan," she says. However, "make sure to pack a nude shoe to elongate your leg when you show them off in the season's shorter silhouettes."

Pair your mini with nude Stuart Weitzman pumps and an oversized white tank top to emphasize your lower extremities. And keep in mind: the mini trend extends to your accoutrements as well.

"Ladylike accessories made a big statement this season," adds Atkin, "so leave your oversized purse at home and opt for smaller, more refined bags to keep your essentials close to you."

If the combination of sunshine and all those tanned, bare legs leaves you squinting for mercy, make sure to protect your eyes with oversized shades. Bold, round shapes and metallics are in for spring, but pick a pair that gives UVA protection as well as style.

Don't worry guys, we haven't forgotten about you. Your pants may be a little longer in the leg, but not shorter on style. Try khaki shorts along with a comfortable white linen shirt to keep cool.

Or if you plan on hitting the waves, you can't go wrong with classic blue trunks, but make sure to cover your delicate snowbird scalp with an oversized hat that will leave you with plenty of change in your tequila fund.

For those trading one snow bank for another, think warm but flattering outwear.

Law student Elise Fatourechi is planning to visit her boyfriend in Switzerland, and her must-have, fittingly enough, is a tailored boyfriend jacket.

"Boyfriend jackets are so versatile, and you can pair them with anything," she says. "They're easy and light, so you can throw a bunch of them in your suitcase, and mix and match."

Blister-free feet

• While heels are a nightlife must-have, flats are more fitting for long walks on the beach. Naot sandals are designed to mold right into your foot and will keep your soles happy – and blister free – all day. Try the Valeria (pictured below) for a hint of colour ($155) or Brooklyn ($170) for a touch of height. Available at Praire Dog and Naot Footwear in Toronto.

1. Super stretch belladonna jeans, Fidelity Denim, fidelitydenim.com ($174); 2. Women's Robyn sunglasses, Mac & Jac, suntechoptics.com ($45); 3. Striped bikini, Winners ($19.99); 4. Boyfriend blazer, Old Navy, ($44.50); 5. Leather purse, Danier, ($99); 6. Men's swimming trunks, Old Navy ($29.50); 7. Mini skirt, Smart Set ($30); 8. Men's white linen shirt, Old Navy ($24.50); 9. Men's aviator sunglasses, Banana Republic ($85). 10. Stuart Weitzman pump ($335).

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Saab goes Hollywood

Lebanese red carpet king Elie Saab had his eye on the prize Wednesday during his Paris ready-to-wear fall-winter 2010-11 collection, which debuted awards-ceremony looks in antique lace, sequins and ruched chiffon. THE ASSOCIATED PRESS

Paris ready-to-wear reviews

VALENTINO

Chanel

Designer Karl Lagerfeld looked Tuesday to global warming, turning the melting of the polar ice caps into fodder for Chanel's fall-winter 2010-11 ready-to-wear look.

Models in classic Chanel suits with faux fur trim or tweed jackets paired with pants that looked like they were made out of Chewbacca, the Star Wars Wookiee, struck poses in front of the giant icebergs, which had apparently been special-delivered from Sweden.

PHOTOS BY THE ASSOCIATED PRESS

Chanel's fall-winter 2010-2011 show featured a 2010-2011 collection rich in faux fur trimmed jackets and pants.

Valentino

Designers Pier Paolo Piccioli and Maria Grazia Chiuri hit the sweet spot with a strong collection that was neither slavish to the archive nor too far removed from the brand's esthetic.

The white dresses that opened the show were at once easy to wear and flirty, with scalloped, multitiered skirts. The duo used a surprising mixture of fabrics that went beyond the noble materials — cashmere, silk, lace and fur — usually seen at the house, incorporating high-tech fabrics and techniques.

Louis Vuitton

Bodacious models, their curves barely under wraps in 1940s-style skirtsuits, paraded in looks meant for real women at Louis Vuitton's fall-winter 2010-11 ready-to-wear.

French supermodel Laetitia Casta opened the show, which was channelling Christian Dior's iconic post-Second World War New Look style, with nip-waisted jackets and ample skirts in dusty grey, powder pink and mauve hues.

Jean-Charles De Castelbajac

The dapper French designer always beats his themes to a bloody pulp, and this week's medieval-themed collection was no exception: He riffed on every imaginable symbol of the Middle Ages, sending out skirt suits made from rich tapestry, a hooded coat that was channelling the robe of a Franciscan monk and a suit of armour for contemporary knights — head-to-toe motorcycle gear in blinding silver lame.

While the collection was still rife with the kitschy tongue-in-cheek irony that is Castelbajac's trademark, it had a more grown-up feeling than usual. The beautifully cut tapestry jackets looked likely to have commercial appeal beyond the label's usual teenage demographic.

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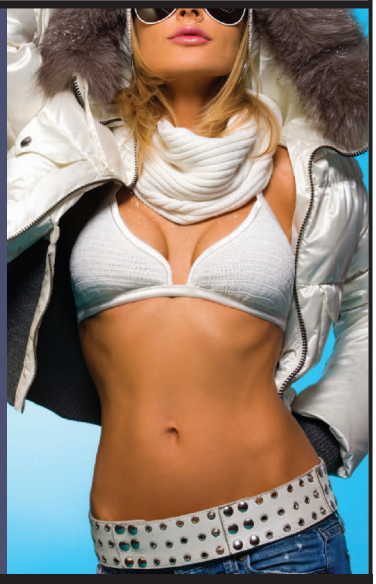

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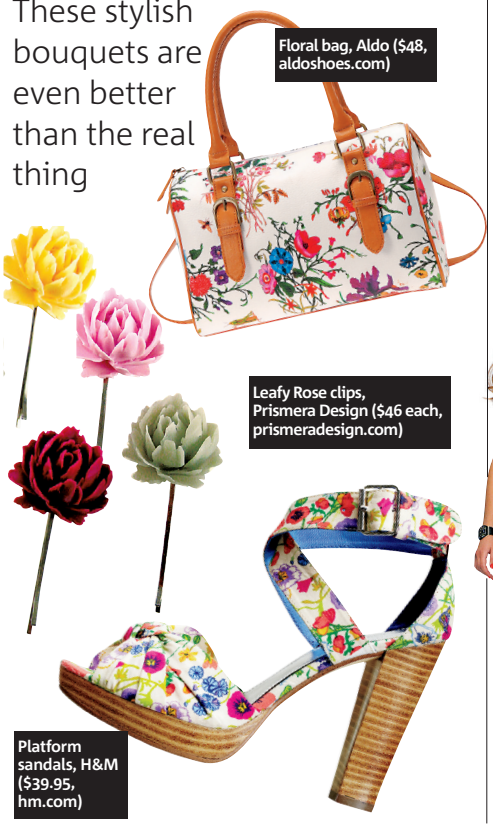


Floral bag, Aldo ($48, aldoshoes.com)

Leafy Rose clips, Prismera Design ($46 each, prismeradesign.com)

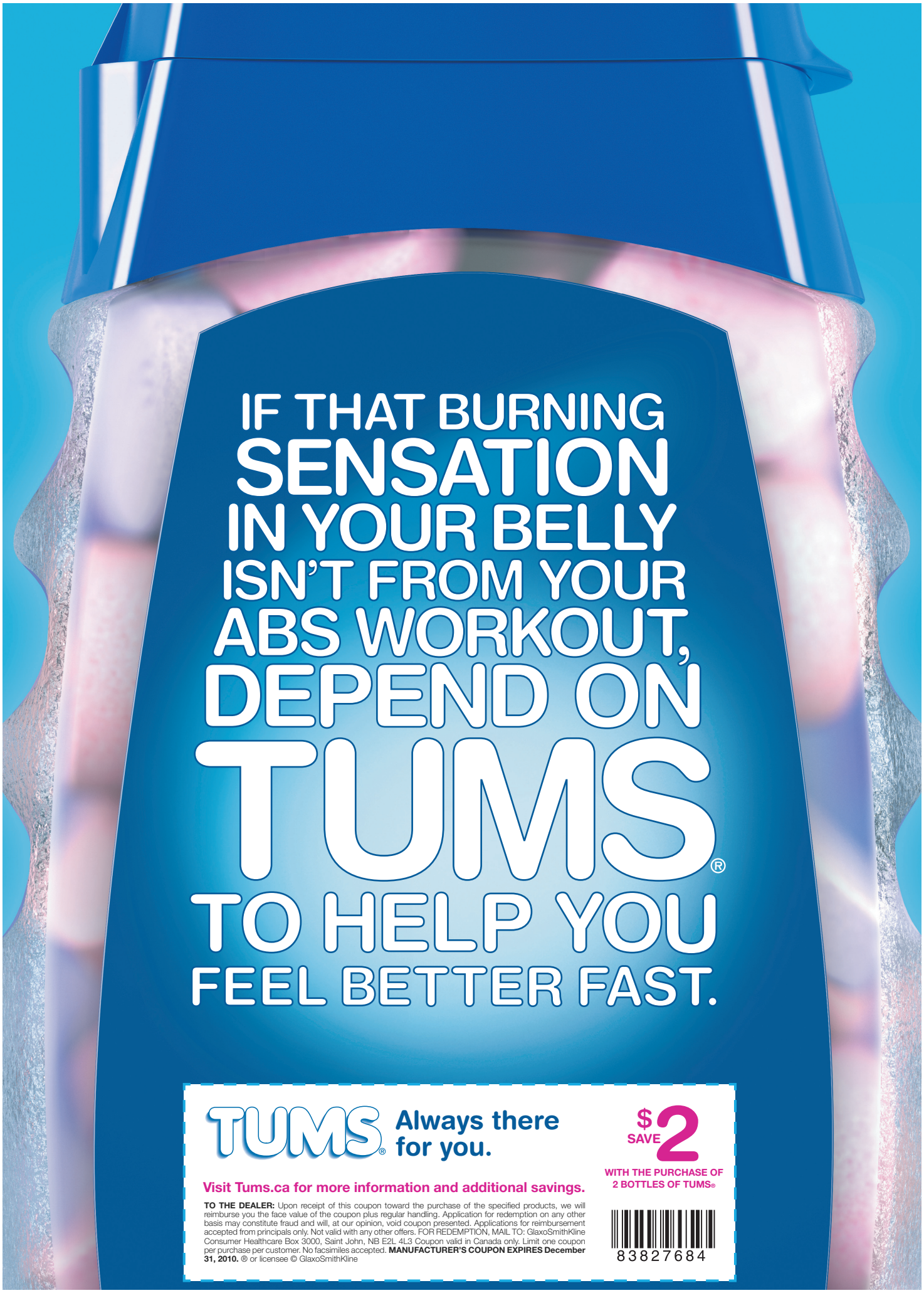
Platform sandals, H&M ($39.95, hm.com)

Editors' Pick

STYLE CITY

Rachel Roy, the chic sportswear line and Michelle Obama fave, makes its much-anticipated Canadian debut this spring (thebay.com).

To read these stories and more, visit: **ellecanada.com**



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Twilight trailer online
The full trailer for The Twilight Saga: Eclipse will debut online Friday at 9 a.m. ET. The third entry in the series is set to be released in theatres in June. EW.COM

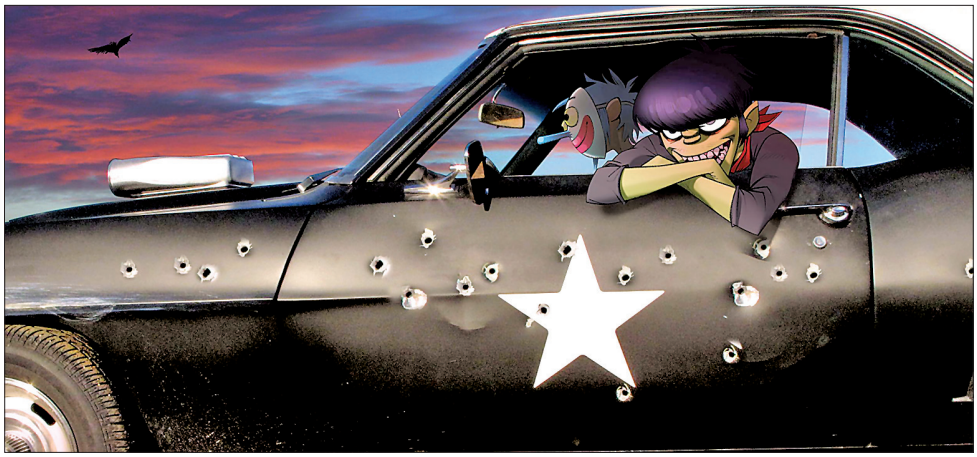
Entertainment

Love interest
Keri Russell is returning to television in a new Fox sitcom produced by Arrested Development creator Mitch Hurwitz and starring Will Arnett. Sources say Russell is in final talks to play Arnett's love interest. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Gorillaz storm the beach



Gorillaz new album Plastic Beach is a heady mélange that can spin from a heavenly arrangement into a giddy hip-hop bounce.

Gorillaz

Album: Plastic Beach
Label: EMI
Rating: ⊕⊕⊕⊕½

DAMON ALBARN SAID he wanted "an incredibly eclectic, surprising cast of people" and he got it for the third and finest Gorillaz album yet. First conceived as a project called Carousel, Plastic Beach is just that: A heady mélange that can spin from a heavenly arrangement by The National Orchestra For Arabic Music into a giddy hip-hop bounce with U.K. rappers Kano and Bashy in the span of one track (White Flag). De La Soul and Gruff Rhys live up to a vivid title like Superfast Jellyfish with a romp that's cartoonish and amusing, exemplifying everything the Gorillaz concept was supposed to be in only "three microwave minutes."

Cam Lindsay/for Metro Canada

Broken Bells

Album: Broken Bells
Label: Columbia/Sony Music
Rating: ⊕⊕⊕

IT SOMETIMES SEEMS like anything Danger Mouse touches turns to gold. He made Cee-Lo famous with Gnarls Barkley and helped turn Gorlliaz into something other than a Damon Albarn side project. He's not as successful with the Shins' James Mercer, but the collaboration still works. DM's electro pop backing coupled with Mercer's soft, soothing voice makes for some incredibly infectious tracks — Vaporize to name one — but other songs lack punch. It's a good disc for sure, but with these two huge musical talents at the helm, it could have been a bit better.

Bryan Borzykowski/for Metro Canada

Dan Hill

Album: Intimate
Label: Universal
Rating: ⊕⊕⊕

IN EARNEST OR not, who hasn't sang Sometimes When We Touch to a loved one at some point? Well, now there are 15 more heart-on-sleeve adult contemporary tunes for us to caterwaul away to. Thank original emotional/sentimental songwriter Dan Hill, as this is his first album to feature new material since 1996 and the tear-jerker that is Intimate overflows with them. Soft ditties such as, Sixties Child, You Know Just What To Say and, of course, the previously-mentioned touching ballad delivered in a piano/vocal rendition are decidedly syrupy. Still, as always, Hill is a great storyteller, delivering some wonderful sagas and personal reflections, even if it's only appealing to those of a vintage where Matlock was provocative television.

Keith Carman/for Metro Canada

• Log on to metronews.ca/music to stream Dan Hill's Sixties Child

Jason Collett

Album: Rat a Tat Tat
Label: Arts & Craft/EMI
Rating: ⊕⊕⊕

JASON COLLETT IS a curious character. He's reached a good level of popularity, but his music isn't nearly as moving as many of Canada's other guitar-slinging folkies. His records are a mix of catchy rock and acoustic numbers and sleepy, forgettable songs. That said, his music keeps getting better and Rat a Tat Tat is an improvement. It's not a masterpiece, but songs like the Joel Plaskett-ish Lake Superior and the Dylan sounding Winnipeg Winds are interesting for the Canadian mythologizing as much as they are for their infectious melodies. Overall, this is a decent record — it may not get regular repeat plays, but it's still worth checking out.

Bryan Borzykowski/for Metro Canada

Ellie Goulding

Album: Lights
Label: Polydor
Rating: ⊕⊕⊕½

BRITAIN'S STREAK OF fanciful female singer-songwriters continues with Londoner Ellie Goulding — not that the streak was in jeopardy. Like Florence, Lily or La Roux, Ellie's music is both chart-bound (she recently reached No. 1 on U.K. charts), but also distinctly inventive. Cutting her teeth on simplistic folk music, Ellie eventually rerouted her musical path to slot in synthesizers and sequenced beats. The transformation provides an interesting conjunction — her folkie vocal quiver could certainly survive stripped down to just an acoustic guitar, but the frantic rhythm and keys that commands Starry Eyed and the synthy ecstasy of I'll Hold My Breath give Ellie her trademark.

Cam Lindsay/for Metro Canada

Album Reviews

music@metronews.ca

Besnard Lakes

Album: The Besnard Lakes are the Roaring Night
Label: Jagjaguwar/Sonic Unyon
Rating: ⊕⊕⊕⊕

IF YOU LIKED the Besnard Lakes' last masterpiece, you'll love their new one. Like …Are The Dark Horse, this third effort is another expansive, droney, harmony-filled affair. The band's lush, Beach Boys-like vocals are out in full force — Albatross is a gorgeous track that sounds more like a journey through the history of sound than a standalone song, while Land of the Living Skies Pt. 2 is what Pink Floyd would sound like if they started making music today. It's a heavy, time-consuming listen, but well worth the effort.

Bryan Borzykowski/for Metro Canada

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Dench mulling memoir

Judi Dench — who has had a career spanning 50 years which has seen her win nine BAFTAs, seven Laurence Olivier Awards, an Oscar, two Golden Globes and a Tony Award — has reportedly agreed to pen an account of her life. FEMALEFIRST.CO.UK

In a League of his own

Canadian Baruchel grows into leading man

STEVE GOW
for Metro Canada

Canadians love to celebrate their own. Whether it's basketball stars like Steve Nash or master thespians like William Shatner, if you make it big in America, we embrace you. Well, Canada's latest hero is now waiting in the wings and his name is Jay Baruchel.

A slim, unassuming 27-year old who's as humble as he is an unlikely celebrity, the Ottawa-born actor should perhaps be further rewarded for his patriotism since he still resides in Montreal and wears a maple leaf tattoo over his heart even as he's about to release his latest big Hollywood comedy, She's Out of My League.

"If it meant that I had to move away from Canada to have a career in this business, it just wasn't ever going to happen," Baruchel once told the Victoria Times Colonist.

So who is this proud patriot? And how did Baruchel get to be so popular in Tinseltown?

"He's a charm to work with," said filmmaker Randall Cole in a an interview. "He brings the acting but he's also great off the set and everyone's just happy to be around him."

She's Out Of My League opens tomorrow

Baruchel actually began as a teen appearing in Canadian TV shows like Popular Mechanics for Kids before he moved to America. There, he soon landed a role on Judd Apatow's short-lived television series Undeclared where he would befriend fellow Canuck actor Seth Rogen.

Jay Baruchel plays Alice Eve's unlikely love interest in She's Out Of My League.

Bolstered by his placement in the popularity of the so-called Apatow Gang, Baruchel quickly gained notice with roles in such blockbusters as Million Dollar Baby, Tropic Thunder and Knocked Up. However, even as his star rose, he would pepper his Hollywood hits with intimate Canadian films like Cole's comedy Real Time.

"That's just always been my taste," Baruchel once told the Montreal Film Journal.

"The happiest part about my career so far, is having a resume that reflects my tastes, my opinions, what I find funny."

Well, it seems audiences certainly find Baruchel funny. Set to become Canada's latest superstar with upcoming leads in She's Out of My League, How to Train Your Dragon and the acclaimed Canuck comedy The Trotsky, William Shatner may have to roll over — there's a new kid with a maple leaf just a bit closer to his chest.

Ottawa-born Jay Baruchel stars in The Trotsky.

Lost Boy Haim found dead at 38

OBIT Former teen idol Corey Haim, best known for his role in the 1987 hit The Lost Boys, has died after a well-documented battle with drug addiction and a string of B-movie roles aimed at returning to the spotlight.

He was 38.

The Toronto-born actor died at a Burbank hospital early yesterday morning, said Lt. Cheryl MacWillie of the Los Angeles County coroner.

An autopsy will determine the cause of death and there were no other details, she said.

Haim had flu-like symptoms before he died and was getting over-the-counter and prescription medications, Sgt. William Mann said. The cause of death was unknown.

In his heyday, the baby-faced actor was a box office draw with his boyish good looks and goofy grin. He and fellow teen sensation Corey Feldman, who co-starred with Haim in The Lost Boys, Dream A Little Dream and Dream A Little Dream 2, became known as the two Coreys — a relationship they parlayed into an attempted comeback in 2007 with the A&E reality series, The Two Coreys.

Haim's fall from grace was well-known. He acknowledged his struggle with drug abuse to The Sun in 2004, in which he told the British tabloid that success in the '80s lead to heavy drug and alcohol use.

Toronto-born Corey Haim died at a hospital early yesterday.

"I was working on Lost Boys when I smoked my first joint," he said, adding that lead to 15 attempts at rehab and a stroke. "I did cocaine for about a year and a half, then it led to crack."

Haim said he went into rehabilitation and was put on prescription drugs. He took both stimulants and sedatives such as Valium.

"I started on the downers which were a hell of a lot better than the uppers because I was a nervous wreck," he said.

"But one led to two, two led to four, four led to eight, until at the end it was about 85 a day."

THE ASSOCIATED PRESS

Corey's career path

- **Born:** Dec. 23, 1971 in Toronto.
- **Early career:** Haim began acting at age 10 with roles in TV commercials before appearing in his first feature film, Firstborn, in 1984. He then appeared in 26 episodes of the CBC-TV show The Edison Twins and a string of films including Silver Bullet.
- **Breakthrough:** He played a starring role in Lucas in 1986 alongside Charlie Sheen but really saw his career take off with The Lost Boys in 1987, with Corey Feldman and Kiefer Sutherland. The following year he starred in License to Drive with Heather Graham and Feldman.
- **Recent years:** His star power began to wane after License to Drive. He found notoriety again in recent years with the reality show The Two Coreys with Feldman, which chronicled his struggles with drugs.

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Artists of the Ballet in Swan Lake. Photo by David Cooper.

Sprockets is back!
The Sprockets International Film Festival for Children returns to Toronto April 17. The film showcase continues till April 23. For list of movies or to buy tickets, visit sprockets.ca. METRO NEWS SERVICES

Nicole Smith opera coming

The world premiere of Mark-Anthony Turnage's Anna Nicole will be presented by the Royal Opera next Feb. 17, starring Dutch soprano Eva-Maria Westbroek as the late model and Playboy playmate.

Covent Garden music director Antonio Pappano will conduct and Richard Jones will direct, the company announced yesterday.

Turnage is the composer of Greek and the West End show Jerry Springer: The Opera. The libretto is by Richard Thomas.

Nicole Smith

Anna Nicole Smith died of an accidental drug overdose in 2007. She was 39.

She was Playboy's Playmate of the Year in 1993. She married 89-year-old J. Howard Marshall II the following year. After his death in 1995, she fought a protracted legal battle with his son over his estimated $500-million fortune.

Smith died five months after the death of her 20-year-old son from her first marriage. Daniel Smith died of an accidental overdose in the Bahamas hospital room where his mother had days earlier given birth to a daughter.

The opera company also said the world premiere of Judith Weir's Miss Fortune, a co-commission with the Bregenz Festival, will take place in Bregenz on July 21, 2011. The production will open the Covent Garden in March 2012 as part of the buildup to the London Olympics that summer. The opera is based on a Sicilian folk talk about a woman whose wealthy family has hard times.

THE ASSOCIATED PRESS

In brief

CORRECTION In Wednesday's Metro, Joseph Fiennes was misidentified as Til Schweiger in a photo. Metro regrets the error.

LOTTERY WINNER
Cash FOR LIFE
NELSON EMERY
CASH FOR LIFE WINNER

— At approximately 3:50 pm, —
On August 14th, Nelson Emery learned he had scratched his way to $1,000 A Week For Life playing CASH FOR LIFE. "I was so shocked, I have never won anything!" he said excitedly about his win. Nelson planned to buy himself a brand new TV, and find new ways to enjoy life. Week after week.
NAME: Nelson Emery
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Barker gives to PETA

Bob Barker has donated $2.5 million to help the People for the Ethical Treatment of Animals open a new location in Los Angeles. Since he retired in June of 2008, he has taken his activism on the road, promoting freedom for whales and an end to the fur trade. THE ASSOCIATED PRESS

Drinking like Don Draper

TINA CHADHA
Metro World News

All those episodes of Mad Men have you craving cigarettes and whiskey? Glenfiddich brand ambassador helps us learn more about dad's drink

Blame it on our ongoing obsession with Mad Men or the freezing cold weather, but we want to be badass and throw back a whiskey the next time we go out.

Heather Greene — brand ambassador of Glenfiddich and one of the world's only female whiskey experts — shows us how to order Don's drink in style.

TORSTAR

Don Draper on Mad Men

Q Hmmm, so you're a world class whiskey expert?

A We traditionally think of whiskey as the domain of older men. I think that changing. It's fun to be at this position as a woman — it adds an element of surprise.

Q What's the difference between whiskey and scotch?

A Scotch is a whiskey. Whiskey is the umbrella term and underneath that you have scotch, bourbon, rye, Canadian whiskey, Japanese whiskey ... Scotland is the godfather of whiskey, so it has it's own category — whiskey from Scotland is scotch.

Scotch is such a huge category it's actually divided into two: You either have blended scotches or single malt scotches.

Q What's your drink of choice at bars?

A Lately, it's Glenfiddich 12 Old Fashioned, which is Donald Draper's favourite drink. You put that on ice and it's a cocktail in and of itself. It's affordable, it's really good. It has a nice silky vanilla pear overture to it.

Q Any tips to sound like we know what we're talking about at a bar?

A If you're in a nice bar I would say, "Can I see your single malt scotch list."

Q What's a single malt?

A Single malt is made with water, yeast and barley and it's distilled in pot stills and condensed. Then it's put in beautiful barrels to age for a minium of three years — that's when you have your single malt scotch. It's quite a process and a very artisanal world.

Q So, what's blended scotch?

A Single means one single distillery. In a blended scotch, you can take up to 30 to 40 different distilleries and blend them together. You don't have to use just water, yeast and barley. They can use any kind of grain.

Whiskey fact

- Whiskey means "water of life" in Gaelic.

Recipe

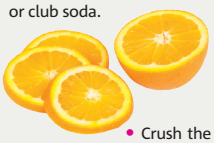
Heather's favourite version of the Old Fashioned

INGREDIENTS

1 cube of sugar
3 dashes of bitters
a tiny splash of water or club soda
2 oz of Glenfiddich 12 Single Malt Scotch
orange twist

INSTRUCTIONS

- Place the sugar cube (or 1/2 teaspoon loose sugar) in an old-fashioned glass.
- Wet it down with 2 or 3 dashes of Angostura bitters and a short splash of water or club soda.



- Crush the sugar with a wooden muddle or strong spoon. Rotate the glass so that the sugar grains and bitters give it a lining.
- Add ice.
- Pour in the whisky. Serve with an orange twist and a stirrer.

Move over Elle, Michelle is in town

FILMS AND POLITICS Actress Reese Witherspoon says her Legally Blonde character Elle Woods has been ousted as the most stylish woman to come to the nation's capital by first lady Michelle Obama.

Speaking Wednesday at a ceremony where the first lady and Secretary of State Hillary Rodham Clinton presented the annual International Women of Courage awards, Witherspoon jokingly complained that Woods, the bubbly blonde from Los Angeles who discovers her inner strength at Harvard Law School and then takes on Washington politics, no longer held that title.

"As an actress, I have always sought out roles that portrayed women as strong and powerful, such as Elle Woods, who was in the Legally Blonde movies," she said to laughter from the audience in an ornate State Department reception room.

Woods, she said, "happened to be the biggest fashionista who ever came to Washington until Michelle Obama. Thanks a lot."

Clinton then introduced Mrs. Obama as "stylish," and the first lady returned the compliment to the entire crowd, saying: "You all look fabulous."

THE ASSOCIATED PRESS

Seinfeld guests on Regis and Kelly
You don't see much of Jerry Seinfeld on his own new NBC show, The Marriage Ref, which he lets someone else host. But the 55-year-old comedian and former sitcom star will be on view for a full hour today on Live! with Regis and Kelly. THE ASSOCIATED PRESS

5 shows to see at CMW

BRIAN COULTON
for Metro Canada

It's a truth universally acknowledged that too many bands plus long lines equals less music.

That's why Metro is here to navigate the metrics of rock for you, to help maximize your exposure to the bands of buzz at this year's Canadian Music Week. Here's our hour-by-hour field guide to tonight's shows that your friends will be talking about tomorrow.

Dan Mangan, who was shortlisted yesterday for Canadian Music Week's Galaxie Rising Star Award, plays The Great Hall tonight.

Champion, Beast & Misstress Barbara

Guvernment, 9 p.m.: Un: Globetrotting synth-spinner non-human Misstress Barbara. Deux: Club-thumping Grammy-nominated electro hop duo Beast. Trois: Energetic, guitar quartet-backed electronic rock DJ Champion. This stacked set from Montréal is one of CMW's strongest, and a sure bet to avoid barhopping and a night full of lineups. Each act still buzzing from albums released in 2009, the trio promises throbbing bass and a sweat-soaked dance floor, en français.

Dan Mangan

The Great Hall, 10 p.m.: The Vancouver-based singer/songwriter with the grizzly voice and bearded perma-grin returns to Toronto for two sets during the fest, the second on Friday at 10 p.m. for the Music BC showcase at Courthouse. Mangan brings his nice guy brand of rootsy indie folk-pop, punctuated by playful lyrics that express his Vonnegutian impressions on the folly of life.

Ghostkeeper

Bread and Circus, 11 p.m.: Hailing from Calgary via the Peace Country in northwest Alberta, Ghostkeeper harkens back to the danceable early '70s with shoulder shifting blues pop. Shane Ghostkeeper and Sarah Houle bring a contemporary rawness to their fun guitar-and-drum numbers (dressed with groove-inducing tambourine, handclaps, ohhs and even ahhs) that glow with humble, mashed up lyrics.

Cadence Weapon

The Garrison, 12 a.m.: It's a treat to catch Cadence Weapon live these days. The multifaceted rapper is busy waxing away as Edmonton's poet laureate and defending Douglas Coupland's Generation X in CBC's Canada Reads competition. So you don't want to miss this opportunity to see the smart and speedy Albertan drop his stylized rhymes.

The Besnard Lakes

Horseshoe Tavern, 12:10 a.m.: Anchored by husband and wife songwriting partners Jace Lasek and Olga Goreas, Montréal's The Besnard Lakes weaves musical landscapes with little rock jabs. Playing with elements of shoegaze and progressive rock, the Polaris Music Prize-nominated band builds dreamy atmospheres often reflecting nature, a fitting wind down amid the buoyancy of its bill mates like Magneta Lane, Hollerado and The Great Bloomers.

Catch tomorrow's edition of Metro for our top Canadian Music Week picks for Friday and Saturday!

Canadian Music Week

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He's not buying it

Andy Richter doesn't buy that Jay Leno had to go along with NBC in the shuffle that cut short Conan O'Brien's reign as Tonight Show host, sarcastically saying, "multimillionaires are always being forced to do things." TVGUIDE.COM

Pulling together in new TV series The Pacific

STEVE GOW
for Metro Canada

After an enduring 18 years in Hollywood, Jon Seda finally landed perhaps the most important role of his career.

The long-time thespian, who has played everything from Jennifer Lopez's love interest in Selena to Detective Falsone on the TV series' Homicide: Life on the Street, is now making his mark as a sharp-shooting sergeant in HBO's $200-million 10-part wartime mini-series The Pacific.

"At first it seemed like something you want to be part of because as an actor you've got (producers) Tom Hanks, Steven Spielberg (and) you know what they did with Band of Brothers (which they produced in 2001 for HBO as well)," said Seda during a recent interview.

"But when you actually start diving into the research and start shooting and boot camp and all that, there's a point where I think it really hit (the actors) that this was something bigger than us."

The Pacific premieres on HBO Canada Sunday

PHOTO PROVIDED

Jon Seda stars in the new HBO mini-series The Pacific.

Based on the true stories of three U.S. Marines stationed in South East Asia during the Second World War, The Pacific is a fascinating historical account of the men who fought barbaric battles in dense jungles against a persistent enemy that refused to surrender.

"This was definitely the most physically demanding thing I've been a part of but I think the surprise was it was equally or more mentally challenging," admitted Seda of the intense 10-month film shoot.

> **"This was definitely the most physically demanding thing I've been a part of but I think the surprise was it was equally or more mentally challenging."**
> Jon Seda

"When you think about what (these soldiers) actually went through … we had to stay in line with what they actually did so the reality of the fact that someone went through this was pretty overwhelming."

That wasn't the only overwhelming aspect for the hundreds of intimidated young actors who took part in The Pacific.

Heightened by its big-name production duo, Tom Hanks even played a general one day when he rode up in a jeep and brought an air of calm to the troops.

"I'm pretty sure it was the first day of boot camp and he gave a big speech to everyone," reflected Seda fondly. "He said, 'We're all here, we're all family, we're all together and we'll get through this together' and that kind of set the tone and got us going."

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Conan the celebmaker

Teen turns Twitter royalty with TV star's help

Last week, Sarah Killen had three Twitter followers.

This week, she has 20,000 — as well as a new iMac computer and offers to help pay for a dress and drinks for her wedding.

The unsuspecting rural Michigan woman has one out-of-work late-night talk show host to thank for her newfound online popularity — Conan O'Brien.

O'Brien decided last week to pick Killen as the only person he would follow on Twitter, turning the 19-year-old's life upside down.

The deposed Tonight Show star, whose exit deal with NBC barred him from TV appearances for several months, has taken to Twitter to reach the masses during his exile and has amassed more than a half-million followers.

But, up until Friday, O'Brien had steadily increased his number of Twitter devotees without following the feeds of anybody else.

Conan O'Brien has made a Michigan woman an online sensation after he started following her on Twitter.

Enter Killen, who is finishing up her high school requirements, preparing to make the jump to college and getting married in September.

"I've decided to follow someone at random," O'Brien's posting read at 3:55 p.m. on Friday. "She likes peanut butter and gummy dinosaurs. Sarah Killen, your life is about to change."

Boy, did it ever.

Immediately after O'Brien started following her, Killen — whose Twitter handle is LovelyButton — picked up followers at a rate of 150 per minute.

Then came the calls: Family, friends (actual and long-lost) and interview requests from websites, TV shows and radio stations.

She sleeps a few hours each night, has fallen woefully behind on her schoolwork and day-to-day activities such as laundry and rarely leaves the house.

"It's totally nuts," she said.

Until O'Brien plucked Killen from obscurity and turned her into an overnight web celeb, she and fiance John Slowik Jr. lived a normal life, residing in the basement of a house in Conway Township, more than an hour's drive west from Detroit.

It's hard to say exactly what O'Brien's motivation was — a message seeking comment was left with an O'Brien spokeswoman on Wednesday — but it's had a profound effect on Killen and her 21-year-old fiance.

"She likes peanut butter and gummy dinosaurs. Sarah Killen, your life is about to change."
Conan O'Brien's post

The exposure has resulted in a brand-new iMac, which was bought for them by a Florida businessman.

A New York designer is donating a wedding dress, and someone else is sending wine for the nuptials.

"People are saying that I'm asking for gifts and stuff, and I'm not," Killen said.

What she is asking of her newfound army of Twitter followers is to contribute to charity, including the Susan G. Komen Race for the Cure.

Still, Slowik wants O'Brien to be his best man at the wedding.

Will he do it?

"I would hope so," Killen said. THE ASSOCIATED PRESS

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TO	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/11/10	265	353	2	TVO	Super Structures		The Agenda With Steve Paikin		Party Animals		Masterworks		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains		The Office (N)	Tucson	90210 (HDTV) (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Love, Hate and Propaganda		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		Community (N)	Parks/Recreat	Accidentally	30 Rock	The Marriage Ref (N)		News
	212	313	8	CTV	CSI: Crime Scene Investigat'n		American Idol		Grey's Anatomy "Push"		The Mentalist (HDTV) (N)		CTV News
	218	345	11	CHCH	*Showtime* ★ (2002, Comedy) Robert De Niro, Eddie Murphy.				*Blade Runner* ★★★ (1982, Science Fiction) Harrison Ford.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Stargate SG-1		Supernatural (HDTV)		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	Survivor: Heroes vs. Villains		CSI: Crime Scene Investigat'n		The Mentalist (HDTV) (N)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	The Marriage Ref (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Grey's Anatomy (HDTV)		Grey's Anatomy "Push"		(10:01) Private Practice (N)		News
	219	346	20	ACH-B	TMZ (N)	Access H.	Grey's Anatomy (HDTV)		Monk		(10:01) Private Practice (N)		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		Kitchen Nightmares (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	My Hero	Doc Martin		The Big Band Years				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	The Vampire Diaries		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Vampire
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Biography on CNBC		Marijuana Inc.: Pot Industry		Biography on CNBC		Mad Money
sports	405	417	22	net	Skiing FIS Alpine.		Pokerstars		MMA Conn	UFC Primetime	Sportsnet Connected		Hockey Central
	400	400	30	TSN	(6:30) Curling 2010 Tim Hortons Brier, Draw 17. (HDTV) From Halifax. (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV)		Bullrun (HDTV)		Bullrun (HDTV) (N)		Pass Time
family	551	542	25	YTV	iCarly	Prank Patrol	Malcolm	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*Ghost World* (2001, Comedy-Drama)		
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Love It or List It		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	570	580	29	MM	Degrassi: Next	Degrassi: Next	My Date With...	My Date With...	Video on Trial	Video on Trial	disBAND	disBAND	UR11
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		Manhunters	Iced	Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	1990 FIFA World Cup in Italy				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Queen Rock Montreal		Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.	Home Improve.	Unstable
	616	521	39	SHO	Relic Hunter		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Cra$h & Burn "Freedom"		Law-Order
	620	523	40	BVO	Storytellers	PhotoXplorers	Innovators	Writers	*Flirting With Disaster* ★★★ (1996, Comedy) Ben Stiller.				Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		X-Weighted "Mike"		Bootcamp	Last 10	Re-Vamped		ET Canada
	522	506	43	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries		Ancestors	Ancestors	Nostradamus Effect (HDTV)		Jobs in Danger
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes
	294	529	47	TBS	Family Guy	College Basketball SEC Tournament, First Round: Teams TBA.				College Basketball SEC Tournament, First Round: Teams TBA.			
	576	582	49	BET	106 & Park: BET's Top 10 Live		Family Crews	Family Crews	*I Do... I Do!!* (2009, Comedy) Cherie Johnson, April Scott.				Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Caprica		Lost "Dr. Linus" (N)		InnerSpace (N)
	581	566	52	MTV	Peak Season	Cribs	Cribs	Cribs	Buried	Buried	Taking, Stage	Made	MTV Live
	618	524	54	TROP	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	56	FOOD	Ricardo	Chuck-Day Off	Restaurant Makeover		Extreme Cuisine, Jeff Corwin		Ace of Cakes	Ace of Cakes	Restaurant
	261	394	60	V	Murder, She Wrote		On the Buses	Watchtower	*Cutthroat Island* ★★ (1995, Adventure) Geena Davis, Matthew Modine.				
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Stalker"		Missing "Phoenix Rising"		The Closer		Cold Case "Stalker"		Psychic Inv.
	300	601	301	M1	*The Ugly Truth*	(7:20) *The Thaw* (2009, Horror)			*The Girlfriend Experience* (2008, Drama)			*9 to 5: Days in Porn* ★★	
	305	612	306	PIX	(6:45) *For a Few Dollars More* ★★★ (1965, Western)				*Last Action Hero* ★★ (1993, Action), Austin O'Brien				*J Carpenter*
	520	146	-	DISC	Daily Planet (N)		Dirty Jobs "Tofu Maker"		Killer Whales (N)		MythBusters		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Britain's Next Top Model		FashionTele	RAW	FT Found Footage		Britain's Next Top Model		Top Model

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A taste of Iceland

Iceland is a long way away, but from March 17-20 you can try out some Icelandic-inspired dishes at the Drake Hotel (1150 Queen St. W.). Chefs Thor and Anthony Rose have created a special menu for the event. STEPHANIE DICKISON/METRO TORONTO

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Fun and unusual offerings

STEPHANIE DICKISON
torontourbanfoodie@gmail.com

Ginza Sushi
100-1255 Bay St.
647-351-0238
ginzasushi.ca

Rating: ●●●½
Dinner & drinks for two: $50

White beams crosshatch around you in a small, clean space. Like a Japanese woodland forest, Ginza's newest location in Yorkville is awash in white and blond wood.

Casual dining sushi places pepper the city like nail salons. What makes this joint so special?

For one, the menu offers up fun and unusual items like Seafood Soup in a Tea-Pot ($6), Seafood Tempura — which includes soft shell crab ($12), and a Black Pearl Roll ($15) that features snapper tempura and black caviar.

Secondly, the prices are good and the portions are abundant. Raw fish in inexpensive sushi joints can sometimes be awfully chewy. Here, it is silky and only a few sinewy pieces adorn the plate.

The Sashimi Boat ($15) has three slices of each variety — tuna, salmon, snapper, white tuna and surf clam. With the GS3 Sushi Combo ($15), you not only get miso soup and salad, but hamachi, tuna, salmon, shrimp, octopus, egg, crab, flying fish egg, cuttle fish, mackerel, surf clam, ikura & hamachi hand roll (1 pc). It is a veritable feast.

The service is fastidious until we want the bill and the appetizers arrive long after our entrees, but overall we're pleased.

And unbelievably full.

On the web

- Get recipes and more great food content at metronews.ca/recipes

STEPHANIE DICKISON/FOR METRO TORONTO

Sashimi Boat ($15)

BUY ONE, GET ONE HALF PRICE!
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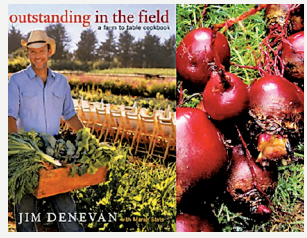
Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of (Jim Denevan's) Marinated Roasted Beets.



Dining out

T LOVER Tea shops abound in the city, but they don't serve tea-infused fare as well. T Café (511 Bloor St. W.) delivers intriguing options for breakfast, lunch, snacks or brunch. Of course you'll want a good cuppa to go with that — choose from a large variety of green, black, herbal, white, oolong, rooibos and pu-erh teas. STEPHANIE DICKISON/METRO TORONTO

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Voted one of North America's top culinary schools, our **Cook and Baker/Patissier Apprenticeship and Co-Op Diploma Apprenticeship Programs** will prepare you to push your passion forward.

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- Flexibility in completing programs
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For the price of extensions you could feed one of these poor eight children for a year
Kate Gosselin shed her $7,000 US hair extensions on Wednesday, her stylist Ted Gibson told Radaronline. Gibson explains that he'll put Gosselin's extensions back in — featuring new, multiple shades of blonde — on Thursday, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Farrah not forgotten

JUST NOT ENOUGH FILM WORK TO MAKE HER OSCAR-WORTHY It was no oversight. The executive director of the Academy of Motion Picture Arts and Sciences has apologized to the friends, family and fans of Farrah Fawcett, who was conspicuously omitted from Sunday night's Oscar-event tribute to Hollywood personalities who had died over the past year, people.com reports.

While some agents and publicists, as well as actors, were included in the memorial, Fawcett, a high-profile star better known for her TV work (who also appeared on the big screen), was not. Neither was Bea Arthur.

Among those criticizing the Academy for its selective omissions were critic Roger Ebert and Oscar-winner Jane Fonda. In response, the Academy's Bruce Davis, who was responsible for the "in memoriam" segment (and has been since the tradition began in 1993), said late Tuesday: "There's nothing you can say to people, particularly to family members, within a day or two of the show that helps at all. They tend to be surprised and hurt, and we understand that and we're sorry for it."

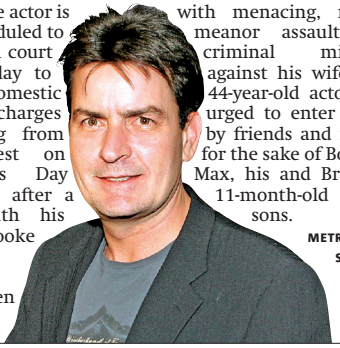
Davis had considered including her, but ultimately felt her "remarkable television work would be more appropriately honoured at the TV Academy's Emmys," which she was.

METRO NEWS SERVICES

Two and half weeks

IN REHAB, LET'S HOPE, MAKE HIM MORE THAN HALF A MAN Charlie Sheen actor is expected to resume filming the comedy show next week, after he completes a stint in rehab for alleged problems with cocaine and alcohol.

The Two and a Half Man actor is expected to leave the facility — which he entered on Feb. 23 — in the coming days and according to his publicist will return to his show by Friday next week. The actor is also scheduled to appear in court on Monday to answer domestic abuse charges stemming from his arrest on Christmas Day last year after a fight with his wife Brooke Mueller.



Sheen has been charged with menacing, misdemeanor assault and criminal mischief against his wife. The 44-year-old actor was urged to enter rehab by friends and family for the sake of Bob and Max, his and Brooke's 11-month-old twin sons.

METRO NEWS SERVICES

Sliding on the pole with her friends

IT'S LIKE THE MODERN EQUIVALENT OF A PILLOW FIGHT Jennifer Aniston is set to hit the U.K. this week to promote her new film, The Bounty Hunter, and she won't be alone.

The former Friends star is reportedly bringing along a body double to act as a decoy so that she can go sightseeing without being hassled, according to the Daily Star.

There's no word on if she'll use that private time to enjoy more of her new favourite hobby, pole-dancing.

"Jen can't get enough of pole-dancing at the moment," a source says.

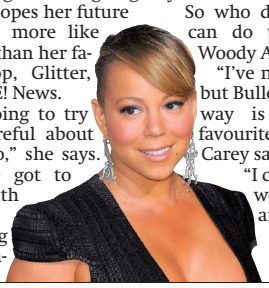
"She loves getting all the girls together so they can all do it together and have a laugh.

"She thinks it's great for fitness and it makes her feel sexy."

METRO WORLD NEWS

Looking for roles in all the right places

GLITTER IS DEAD BUT NOT SOON FORGOTTEN Mariah Carey is looking to keep her acting career going, and she hopes her future films are more like Precious than her famous flop, Glitter, she tells E! News.



"I'm going to try to be careful about what I do," she says.

"You've got to work with people who bring you to another level, and you have to surround yourself with people you can fully give yourself to."

So who does she think can do that for her? Woody Allen.

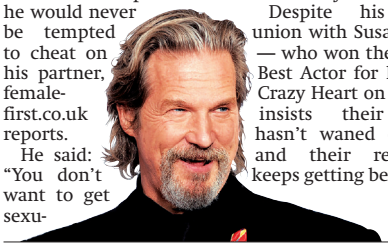
"I've never met him, but Bullets Over Broadway is one of my favourite movies ever," Carey says.

"I can quote every word. I think it's amazing."

METRO WORLD NEWS

Still crazy (in love) after all these years

WE SHOULD ALL BE SO LUCKY Jeff Bridges, 60, who has been married to his wife Susan for 33 years, claims sex can ruin a person and he would never be tempted to cheat on his partner, female-first.co.uk reports.



He said: "You don't want to get sexually involved with the other actor. It spells trouble. My family was and is too precious to me. I know sex can lose you everything."

Despite his lengthy union with Susan, Bridges — who won the Oscar for Best Actor for his role in Crazy Heart on Sunday — insists their passion hasn't waned over time and their relationship keeps getting better.

METRO NEWS SERVICES

Maddox the wonder kid

THIS IS ONE LUCKY LITTLE ORPHAN Brad Pitt and Angelina Jolie have reportedly been bragging to pals about how much of a genius their eldest son Maddox Jolie-Pitt is, according to the Daily Star.

The eight-year-old Jolie adopted from Cambodia before meeting Pitt apparently has a thing for the arts and languages.

"Maddox is amazingly smart and loves books and tinkering with gadgets," a source says.

"He is a gifted painter and sketch artist, takes piano lessons, does well in football and speaks fluent English, French, Spanish and his native Khmer."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

NICK CANNON isn't worried about his career prospects, **DIABLO CODY** is questioning her tastes, **KAT DENNINGS** is already over it, and **ASHTON KUTCHER** is concerned about his appearance.

@NickCannon
If I get fired, I still got like 17 other jobs LOL It's all about the principal of the art! I am a comedian, people need to relax!

@diablocody
Amazon just rec'd Lauren Conrad's LA Candy to me. This is the robot equivalent of a friend from the Midwest screaming "YOU'VE CHANGED!"

@OfficialKat
On a scale of 1-10, please rate how sick you are of being sent the new OK Go video

@aplusk
Time for a hair cut. I'm starting to look like Justin Beiber

METRO NEWS SERVICES

Acting shmackting

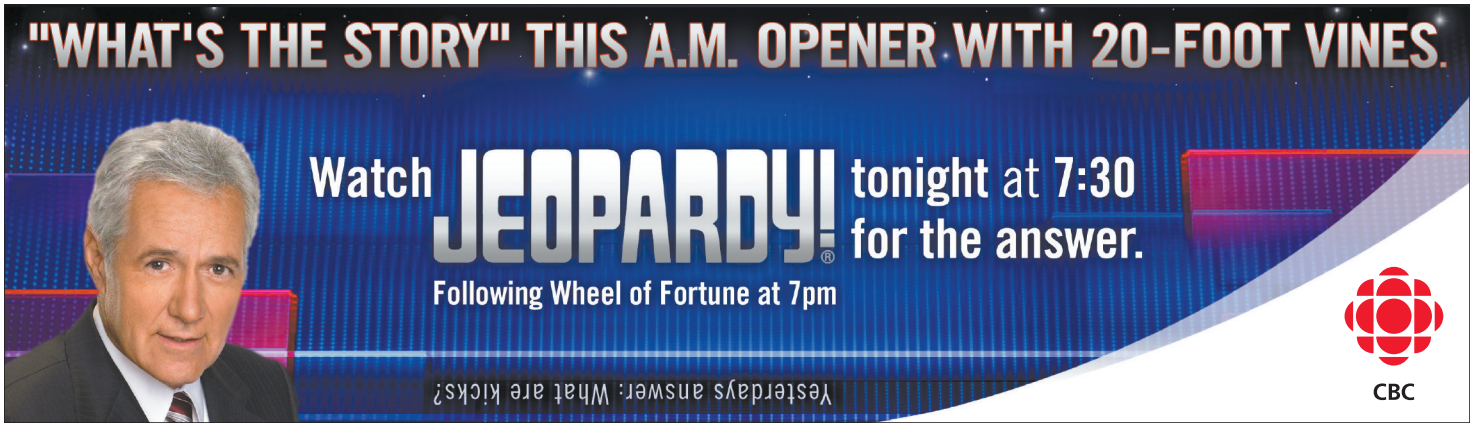
ROCKING OUT IS WHERE IT'S AT Gossip Girl star Taylor Momsen can relate to her troubled character on the hit show.

"Whether she's the bitchy mean girl or the nice girl from Brooklyn, she still never fully finds herself," Momsen tells Parade magazine. "It's been kind of like that for me my whole life."

Luckily, the 16-year-old star has her burgeoning music career to help her feel better.

"Music is where I can be me," she says. "It's what I want to do with my life ... Acting is easy."

METRO WORLD NEWS



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TWN incorporates MSC data
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Friday Showers 80% 11° / 5°
Saturday Rain 80% 8° / 3°
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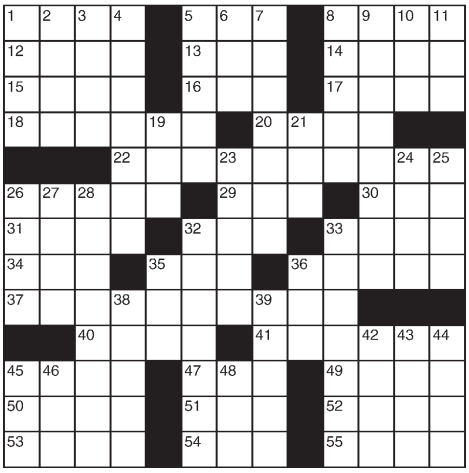


ACROSS

1 Transmit
5 One of the kin
8 Actor Nicolas
12 Mimicry specialist
13 Dove's call
14 Family business abbr.
15 "Arrivederci"
16 Whatever amount
17 Aberdeen resident
18 Move down the computer screen
20 Huge financial loss
22 Hypocritical respect
26 Encrypted
29 Scenery chewer
30 Promise
31 Very dry
32 Noise
33 Part of N.B.
34 Corral
35 Gun the engine
36 Riddle
37 Buyer of canines?
40 Loafer, e.g.
41 Lecture hall
45 Practice pugilism
47 "The Greatest"
49 Approximately
50 Quiz answer
51 Afternoon social
52 Layer
53 Days gone by
54 Despondent
55 Gull's cousin

DOWN

1 Pouches
2 39-Down, e.g.
3 Approach
4 Slobbered
5 Resell for a big profit
6 Charged bit
7 Tofu source
8 Katie Couric's employer
9 Document repository
10 Sticky stuff
11 NYC hrs.
19 Cover
21 Branch
23 Hindu god of destruction
24 Scoop holder
25 Basin accessory
26 P.D. rank
27 Sandwich cookie
28 Barney, for one
32 Triumphs over
33 Refuse to buy
35 Pi follower
36 Use a crowbar
38 A crowd?
39 Trojan War story
42 Pennsylvania port
43 Addict
44 Early time, in verse
45 Pigs' digs
46 Expert
48 Grazing land

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

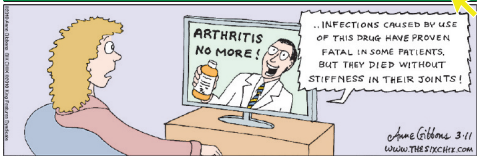
		4					1	6
	1	7		9	3			
5			8					
2		6	1		8			
	9						7	
			7		9	2		1
					5			4
			6	8		3	9	
3	4					5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	4	1	7	8	5	9	6	2
5	7	6	2	9	4	8	1	3
2	9	8	3	6	1	4	5	7
1	8	2	5	3	7	6	9	4
9	3	4	1	2	6	5	7	8
7	6	5	8	4	9	3	2	1
4	1	3	6	5	2	7	8	9
8	5	7	9	1	3	2	4	6
6	2	9	4	7	8	1	3	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Easy Pizza Soup

INGREDIENTS:

15 ml (1 tbsp) vegetable oil
500 ml (2 cups) sliced white mushrooms
2 cloves garlic, minced
1 onion, chopped
5 ml (1 tsp) dried Italian herb seasoning
1 sweet red pepper, chopped
1 can pizza sauce
550 ml (2 1/4 cups) water
3 tomatoes, chopped
125 ml (1/2 cup) diced ham
175 ml (3/4 cup) croutons
175 ml (3/4 cup) shredded mozzarella cheese

METHOD:

1. In a large pot, heat oil over medium heat. Stir in mushrooms, garlic, onion and seasoning; cook for 5 minutes or until vegetables are softened.

2. Stir in red pepper, pizza sauce and water; bring to a boil. Stir in tomatoes and ham; reduce heat, cover and simmer for 10 minutes or until flavours have blended. (Make ahead: Let cool, cover and refrigerate for up to 2 days.)

3. Divide croutons among bowls; spoon soup over top. Sprinkle with cheese.

SERVES 4

THE ASSOCIATED PRESS

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Take a risk if you must but make sure you have a fall-back plan if things don't work out the way you hope.

TAURUS ♉
APRIL 21-MAY 21
With Venus, your ruler, squaring up to Pluto power games are likely over the next 24 hours, but you don't have to play them.

GEMINI ♊
MAY 22-JUNE 21
Today's challenging aspects will remind you that you cannot possibly do everything yourself – nor should you want to.

CANCER ♋
JUNE 22-JULY 22
If you have encroached on someone's territory you must accept the fact that you are in the wrong and make amends quickly.

LEO ♌
JULY 23-AUG 23
Do you wait to see how a situation develops or do you act and try to head off a potential disaster? Only you can decide.

VIRGO ♍
AUG 24-SEPT 22
No matter how much it pays, if your heart is not in the job you are advised to give it a miss.

LIBRA ♎
SEPT 23-OCT 23
With Venus at right angles to power planet Pluto today disputes of one sort or another are more likely or not.

SCORPIO ♏
OCT 24-NOV 22
If a friend or colleague tells you something in confidence today you must not immediately tell everyone else about it.

SAGITTARIUS ♐
NOV 23-DEC 21
With Mars on your side you won't hesitate to take the fight to the enemy. Who might that be? Anyone who challenges your right to act independently.

CAPRICORN ♑
DEC 22-JAN 20
Pluto in your sign makes you somewhat pugnacious, so take care you don't say or do things that upset the people who mean the most to you.

AQUARIUS ♒
JAN 21-FEB 18
Don't try to be someone you have no need to be. It's okay to have role models but it's not okay to imitate them in every way.

PISCES ♓
FEB 19-MARCH 20
Dig around in areas that some people say are too weird to be taken seriously.

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Introducing 16 apps that need no introduction.

Nike Master Control
Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

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Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris
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Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

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Bell | iPhone 3G S

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